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VIVA FITNESS Newsletter

9th July 2007

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Welcome KRISTY,

Included in this months newsletter is info on our Push_Fit Life training program, how to be a part of our Body Pump Challenge, we have yet another inspiring article from our Push_Trainers on how to speed up your metabolism, details of our 'Health and Wellness' presentation, and as always great competitions for you to win some awesome prizes.

Make It Happen .. GET RESULTS,

Dion Mychalyn

• **Recipe of the month**

Rice and Vegetable Bake

Good source of: fibre, folate



CANCER!**MEMBER OF THE MONTH ...
DALE GOVETT!****TEAM MEMBER OF THE
MONTH...JAMIE MICHALAK!****PUSH Article of the Month!****FIT LIFE...JOIN US IN THE
CITY TO BAY!****QUOTE FOR THE MONTH****"NO JOURNEY IS
TOO GREAT IF YOU
FIND WHAT YOU
SEEK."****GET 10% OFF WITH
CHAD FROM
ROBERTSON
BROTHERS!**Preparation time: 35 minutes
Cooking time: 25 minutes**INGREDIENTS:**

- 250 g brown rice
- 3 cups vegetable , or chicken stock (750 mL)
- 1 teaspoon sage leaves, dried
- 800 g can tomatoes, (no added salt)
- 2 medium leeks, (about 300g) washed and sliced
- 250 g frozen peas
- 200 g mushrooms, sliced
- 250 g ricotta cheese
- 2 tablespoons Parmesan cheese

Method:

1. Cook rice, chicken stock and sage for approximately 30 minutes, until rice is tender and stock has been absorbed.
 2. While rice is cooking, heat tomatoes, add sliced leeks and simmer for about 5 minutes, or until leeks are tender.
 3. Add peas and mushrooms and cook for a further 2 minutes.
 4. Place half the rice in a greased oven proof dish, top with half the tomato mixture and then half the ricotta. Repeat layers.
 5. Sprinkle top with Parmesan cheese and bake in a moderate oven (180°C/350°F) for 25 minutes.
- Notes: For vegetarians, use vegetable stock rather than chicken stock.

Nutritional analysis (per serve): Average Quantity per serving

Energy 1360kJ (324Cal)

Protein 17.8g

Fat, Total 7.3g

Saturated 3.7g

Monounsaturated 1.9g

Polyunsaturated less than 1g

Cholesterol 22.2mg

ROBERTSON BROTHERS
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FOR KP FITNESS
MEMBERS

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7 Inascock Avenue
Lockleys SA 5002
Phone | Fax 08 8351 8595
robertson.bro@hotmail.com

Make the right choice

KP GROUP FITNESS TIMETABLE



[Check out this months changes ...](#)

KP JOKE OF THE MONTH

Carbohydrate 43.4g
Carbohydrate-Available 42.3g
Sugars 8.2g
Water 390g
Dietary Fibre 390g

• THE BODYPUMP CHALLENGE!

**BODYPUMP
EXTREME!
90 Minute
BodyPump
class Sat 21st
July @ 9:15 &**



Sat 25th Aug @ 9:15

GO EXTREME!

Take Viva's Body Pump Challenge! Simply join at reception & receive your entry to the initial session. Complete Body Pump 3 times per week for 6 weeks and re-sit the Body Pump assessment.

THREE PRIZE PACKS TO BE WON! - Valued at \$300! *Push_Consultation * Heart Rate Monitor * 1x 400g Gen-Tec Protein * Exercise Mat * Viva Club Shirt*

JOIN AT FRONTLINE TODAY! Entry just \$25 per person

• **WIN 3, 6 or 12 Mth packages for your CLUB WRAP!**



[classic jokes..](#)

**GET RESULTS
.. GET REWARDS!**



[Check out our other
business affiliations for
great rewards!](#)

We have changed our name to VIVA FITNESS and to tie in with the launch we have a club wrap competition.

You can **WIN 3, 6 or 12 months** for simply sharing your results and positive experiences about our club. The best club or Push_ Wrap will be voted on by you, our club friends.

Email your response to Dion@vivafitness.com.au or simply hand to frontline. All wraps will be posted on our testimonial wall where club friends can vote for the winner. All entrants go into the draw for the prize and entrants and voters will be given a free gift for taking part. To vote simply write down the number of the testimonial you like and why?

Competition will close Mid- July

We look forward to hearing your experiences!

HEALTH AND WELLNESS PRESENTATION!

Join interstate health and wellness presenter James Short for an insight as to how you can live your best life.

Friday 13th July @ 2pm & 6pm.

Put your name at frontline and join the Viva team for this FREE presentation.

Stay for a drink and nibble after both presentations.



STRENGTH FOR LIFE AT KPI!



[Check out strength training for the elderly](#)

• HOW TO TRAIN BY MONITORING YOUR HEART RATE!

Here, taken from the College of Sports medicine web site, is their instructions on "how to find your training heart rate":



CALCULATE your exercise heart rate range ...

Estimate your maximum heart rate. Take $220 - \text{age} = \text{_____}$ (this is your maximum)

Determine your lower-limit exercise heart rate by multiplying your maximum heart rate by 0.6

Determine your upper-limit exercise rate heart by multiplying your maximum heart rate by 0.9

Your exercise heart rate range is between your upper and lower limits.

"For most people, exercising at the lower end of the exercise heart rate range for a longer time is better than exercising at the higher end of the range for a shorter time. Exercising at the lower intensity will improve your overall fitness. Medications for high blood pressure may affect your heart rate during exercise. Consult your physician to determine your own ideal heart rate." (A.C.S.M.)

Generally speaking, the lower end of the heart rate range is for people who are beginning, and for those of us who have been exercising, who have medical clearance, can strive for the upper range. There are however different heart rate intensities for different goals. For example effective fat burning occurs at around 60-70% of

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your max heart rate. To make taking our heart rates easy, I like to recommend to our clients, the simple model of our Heart Rate Monitors sold right here at VIVA Fitness.

Here's an example of how to use this formula:

$220 - 40$ (sample age) = 180

$180 \times 0.6 = 108$, $180 \times 0.9 = 162$ Training heart range is between 108 bpm and 162 bpm. If you are a beginner, try to maintain your heart rate closer to 108 bpm (beats per minute).

When we monitor our heart rate, we also focus on the process, not just the time and difficulty.

Here's to our fitness!

• THE FACTS ON BOWEL CANCER!

Bowel cancer is diagnosed in more than 3,300 Victorians every year. It mostly affects people over 50 years of age.



The bowel is the long 'tube' that absorbs water and nutrients from food and processes waste products into faeces. It includes the small bowel, colon and rectum.

Bowel cancer usually begins in the lining of the colon or rectum. If untreated it spreads deeper into the wall of the bowel. From there, it can spread to the liver or lungs.

Symptoms of bowel cancer. The most common symptoms of bowel cancer include:
Blood or mucus in the faeces, an unexpected change in bowel habit (for example diarrhoea or

constipation for no obvious reason), Pain and/or swelling in the lower abdomen, Constant tiredness, Weakness and paleness.

Who is at risk? Some risk factors make it more likely that a person will develop bowel cancer. These include:

Getting older, A personal or family history of bowel cancer, Having ulcerative colitis (inflamed colon lining) for more than eight years.

In the early stages, bowel cancer often causes no symptoms. People at relatively high risk of bowel cancer can arrange with their doctor to have regular tests to check that everything is OK.

Diagnosing bowel cancer Several tests can be used to diagnose bowel cancer including:

Rectal examination, Sigmoidoscopy/colonoscopy, Barium enema, X-ray, ultrasound or CT scan.

How bowel cancer is treated? Surgery is the main treatment for bowel cancer. The surgeon removes the section of the bowel affected by cancer and then joins the two ends. A stoma (an opening of the bowel onto the abdomen) is sometimes made during the surgery. Stomas are usually temporary, while the bowel heals, but some people have them permanently. Chemotherapy or radiotherapy is nearly always used in addition to surgery.

Sometimes a cure is not possible. Sometimes bowel cancer cannot be cured. In this case the symptoms can still be treated using radiotherapy, chemotherapy, surgery and/or painkilling drugs. Palliative care services can help people with incurable bowel cancer to live relatively normal and pain-free lives.

Where to get help?

* Your local doctor * The Cancer Council Helpline

Things to remember... Most bowel cancers diagnosed at an early stage are curable, If you are at risk of bowel cancer, discuss with your doctor whether you need to have regular tests.

• **MEMBER OF THE MONTH ... DALE GOVETT!**

Dale has been part of our club for approximately 20 years. He has seen everything and over the last few years has taken his training to a new level, training twice per week with our Master Trainer Dion. His persistence and determination is second to none as he knows what he is doing being a long standing member but he participates in everything and always gives his best.

WELL DONE DALE - YOU MY FRIEND ARE AN EAGLE!

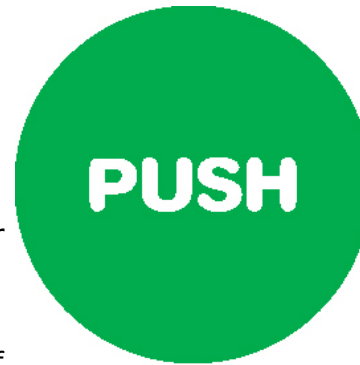
• **TEAM MEMBER OF THE MONTH....JAMIE MICHALAK!**

Jamie has been part of the club as a full time employee for 2 months now and he has taken it head on. Being an important part of the PUSH team he has helped the team build and taken leadership over the clubs supplementation program.

WELL DONE JAMIE, VIVA AND PUSH RECOGNISES YOU!

• **PUSH_Article of the Month!**

8 GREAT WAYS TO SPEED UP YOUR METABOLISM



1. Build muscle - for each kg of muscle that you have on your body, you will burn up to 25 calories per day. This means for someone with 40kg of muscle, an extra 1000 calories are expended each day. Not a bad way to make your body be a "fat burning furnace" is it?

[THE RIGHT BUTTON]

2. Eat smaller meals more regularly - this will keep your metabolism working more efficiently. Did you know that 10% of the calories we burn each day are used in digesting and absorbing food? The more you eat and the more you will burn!

3. Spice it up - by adding spice to your food (chilli - curry - peppers) you will be raising the metabolism by up to 50% after eating for the next three hours. This will increase your heart rate and you will be in your own little fat burning zone.

4. Use Supplementation - some supplementation such as thermogenics (Gen-Tec Fuel) will help with increasing the metabolism. They generate fat burning and increase heat in the body, and we all know that when things get hot they work harder!!!

5. Eat plenty of protein-rich foods - around 25 percent of calories in a protein-rich meal may be burnt off. But make sure you choose low-fat protein foods such as lean meat, skinless chicken and low-fat dairy products.

6. Drink green tea - green tea contains antioxidants that speed up the metabolism. These can be found in foods that contain Vitamin C, Vitamin E, beta- Carotene, and Selenium.

7. Be cool - being very cold can increase your metabolism by up to 20%. This is fantastic for all you early birds. It's winter so get the chills and burn the calories.

8. Warm up - being hot is also a great way to speed up the metabolism. Just like staying cool, an increase in metabolism of 20% can also be achieved. Get the body hot and sweaty (I'll let you guys decide on the best ways so use your imagination).

PUSH_ the right button

Jamil

• FIT LIFE...JOIN US IN THE CITY TO BAY!

**JOIN US
IN THE
CITY TO
BAY,
walking
and
running
groups
available.**



Starts July 28th @ 9AM

Register NOW at front line.

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