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VIVA FITNESS Newsletter

10th October 2007

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Welcome KRISTY,

Included in this months newsletter is our flavour of the month-lion's head meatballs, a taste of asia, how you can get a great Gen-tec supplement fat loss pack FREE, your chance to win an awesome plasma television, a wrap up of the city to bay, we have yet another inspiring article from our Push_Trainers all about 'Sweat', and as always great competitions for you to win some awesome prizes.

Make It Happen .. GET RESULTS,

Dion Mychalyn

- [**Recipe of the month**](#)

..Aferdita!

**TEAM MEMBER OF THE
MONTH....STEVE RILEY!**

PUSH Article of the Month!

V-STYLE!

QUOTE FOR THE MONTH

**"HAPPINESS WILL
NOT BRING ACTION
BUT WITHOUT
ACTION THERE IS
NO HAPPINESS."**

**GET 20% OFF
COCKTAILS AND MEALS
AT ZOOTS!**



Lions Head Meatballs

This is a famous dish along the Yangtze, with regional variations. In Shanghai, the sauce will be sweet and sour. In Chongqing, it will be hot and spicy. And in Wuhan...well, it will depend on the season and the mood of the chef.



Makes 10 meatballs, for 5 main-dish or 10 appetizer servings

ACTIVE TIME: 45 minutes

EASE OF PREPARATION: Easy

INGREDIENTS:

- 1 cup "lite" coconut milk
- 2 1/2 tablespoons reduced-sodium soy sauce
- 1 tablespoon curry powder
- 1 pound lean ground pork or beef
- 1/2 cup chopped scallions
- 1/4 cup minced leek, white and pale green part only
- 2 tablespoons cornstarch
- 1 tablespoon all-purpose flour
- 1 tablespoon toasted sesame oil
- 1 tablespoon finely chopped fresh ginger
- 2 teaspoons seeded and minced fresh chile pepper
- 1/2 teaspoon salt
- 1/4 teaspoon ground white pepper
- 2 teaspoons extra-virgin olive oil
- 1 medium head Boston or iceberg lettuce
- 1/4 cup chopped fresh basil or Thai basil
- 1 tablespoon freshly grated lemon zest

METHOD

1. Combine coconut milk, soy sauce and curry powder in a large saucepan. Set aside.

VIVA GROUP FITNESS TIMETABLE



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

VIVA'S JOKE OF THE MONTH

2. Place pork (or beef), scallions, leek, cornstarch, flour, sesame oil, ginger, chile, salt and pepper in a large mixing bowl. Knead by hand until thoroughly combined and the mixture becomes sticky. Divide into 10 equal portions, about 1/4 cup each. Roll each portion into a ball.

3. Heat olive oil in a large nonstick skillet over medium heat, swirling to coat the sides. Add the meatballs and cook, turning occasionally, until browned on all sides, 8 to 10 minutes. Transfer to a plate lined with paper towels.

4. Bring the coconut-milk mixture to a boil over medium-high heat. Add the meatballs; cover, reduce heat to low and cook for 8 minutes.

5. Line a serving bowl with lettuce leaves. Arrange the meatballs on top. Garnish with basil and lemon zest. Serve hot with the coconut-milk sauce drizzled over the top or on the side for dipping.

NUTRITION INFORMATION:

Per meatball: 115 calories; 7 g fat (3 g sat, 1 g mono); 26 mg cholesterol; 5 g carbohydrate; 10 g protein; 1 g fiber; 297 mg sodium; 83 mg potassium.

Nutrition bonus: Vitamin A (15% daily value).

0 Carbohydrate Servings

Exchanges: 1 1/2 lean meat, 1/2 vegetable

MAKE AHEAD TIP: Cover and refrigerate the meatball mixture (Step 2) for up to 2 days.

● THE BTC SPECIAL OFFER!

Joke
of the
Day
Just a Click Away



[classic jokes..](#)



Special offer this month only for all BTC Clients.

Whether you're currently a Push_client or just thinking about becoming one, now is the time to act. This month only upgrade or commence Push_training and receive a FREE Gen- Tec Fat Loss pack, valued at \$100.

See frontline for details.

Conditions Apply

GET RESULTS
.. GET REWARDS!



• **WIN A PLASMA!**

WIN A PLASMA! Valued at \$1500!

All you need to do is refer 3 friends and you could win a massive 42" Plasma television.

Refer as many people as you can and increase your chances of winning!!!

Place your entries in the stand in the front foyer.

Conditions Apply



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

STRENGTH FOR LIFE AT VIVA!



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

● CITY TO BAY RESULTS!

The City To Bay day kicked off with at 7:00am start on a cold Sunday .Everyone was excited and in good spirits .It was just a matter of getting everyone onto the bus for the journey. The race began at 8:00am and with the bus leaving Glenelg at 10:30am there was still a dead line for some. Once everyone was on the bus we made are way to Café on Grange for well deserved full breakfast.

Everyone had fun and got some great results thank to Viva's FIT LIFE PROGRAM. Special mention goes to Ellen Peterson for receiving most improved award. Rachel O'Connell also received the most encouraging team member always giving support to others. Well done to the Fit Life team. See you all next year for even better results. Thanks guys!

Keep your eyes open for our results email on the city to bay.

● EXERCISE MYTHS!

Fitness Tips - 10 Exercise Myths

Although some old fitness fictions, such as "no pain, no gain" and "spot reducing" are fading fast, plenty of popular exercise misconceptions still exist. Here are some of the most common myths as well as the not-so-common facts based on current exercise research.



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1. You Will Burn More Fat If You Exercise Longer at a Lower Intensity.

The most important focus in exercise and fat weight control is not the percentage of exercise energy coming from fat but the total energy cost, or how many calories are burned during the activity. The faster you walk, step or run, for example, the more calories you use per minute. However, high-intensity exercise is difficult to sustain if you are just beginning or returning to exercise, so you may not exercise very long at this level. It is safer, and more practical, to start out at a lower intensity and work your way up gradually.

2. If You're Not Going to Work Out Hard and Often, Exercise Is a Waste of Time.

This kind of thinking keeps a lot of people from maintaining or even starting an exercise program. Research continues to show that any exercise is better than none. For example, regular walking or gardening for as little as an hour a week has been shown to reduce the risk of heart disease.

3. Yoga Is a Completely Gentle and Safe Exercise.

Yoga is an excellent form of exercise, but some styles are quite rigorous and demanding both physically and mentally. As with any form of exercise, qualified, careful instruction is necessary for a safe, effective workout.

4. If You Exercise Long and Hard Enough, You Will Always Get the Results You Want.

In reality, genetics plays an important role in how people respond to exercise. Studies have shown a wide variation in how different exercisers respond to the same training program. Your development of strength, speed and endurance may be very different from that of other people you know.

5. Exercise Is One Sure Way to Lose All the Weight You Desire.

As with all responses to exercise, weight gain or loss is impacted by many factors, including dietary intake and genetics. All individuals

will not lose the same amount of weight on the same exercise program. It is possible to be active and overweight. However, although exercise alone cannot guarantee your ideal weight, regular physical activity is one of the most important factors for successful long-term weight management.

6. If You Want to Lose Weight, Stay Away From Strength Training Because You Will Bulk Up. Most exercise experts believe that cardiovascular exercise and strength training are both valuable for maintaining a healthy weight. Strength training helps maintain muscle mass and decrease body fat percentage.

7. Water Fitness Programs Are Primarily for Older People or Exercisers With Injuries. Recent research has shown that water fitness programs can be highly challenging and effective for both improving fitness and losing weight. Even top athletes integrate water fitness workouts into their training programs.

8. The Health and Fitness Benefits of Mind-Body Exercise Like Tai Chi and Yoga Are Questionable. In fact, research showing the benefits of these exercises continues to grow. Tai chi, for example, has been shown to help treat low-back pain and fibromyalgia. Improved flexibility, balance, coordination, posture, strength and stress management are just some of the potential results of mind-body exercise.

9. Overweight People Are Unlikely to Benefit Much From Exercise. Studies show that obese people who participate in regular exercise programs have a lower risk of all-cause mortality than sedentary individuals, regardless of weight. Both men and women of all sizes and fitness levels can improve their health with modest increases in activity.

10. Home Workouts Are Fine, But Going to a Gym Is the Best Way to Get Fit. Research has shown that some people find it easier to stick to a home-based

fitness program. In spite of all the hype on trendy exercise programs and facilities, the "best" program for you is the one you will participate in consistently.

• HOW TO RECOGNISE A STROKE!

STROKE IDENTIFICATION:<

During a BBQ, a friend stumbled and took a little fall. They offered to call paramedics, but she assured everyone that she was fine and just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food - while she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid's husband called later telling everyone that his wife had been taken to the hospital. At 6pm the next day Ingrid passed away. She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some people don't die. They end up in a helpless, hopeless condition instead. It only takes a minute to read this.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke-Totally. He said the trick was getting a stroke recognised, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNISING A STROKE Thank God for the sense to remember the '3' Steps, STR.

Read and learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognise the symptoms of a stroke. Now doctors say a bystander can recognise a stroke by asking three simple questions:

S * Ask the individual to SMILE
T * Ask the person to TALK, to SPEAK A SIMPLE SENTENCE (Coherently: It is sunny out today.)
R * Ask him or her to RAISE BOTH ARMS.

(NOTE: Another 'sign' or a stroke is this: Ask the person to 'stick' out their tongue-if the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke).

If he or she has trouble with anyone of these tasks, call for an ambulance immediately and describe the symptoms to the dispatcher.

• **MEMBER OF THE MONTH ...Aferdita!**

Congratulations to our member of the month -Aferdita! Aferdita has been a member with our club now for just over two years. You will see Aferdita training mostly in the morning when her little one is in the safe hands of our creche. Aferdita is dedicated to her training and is the winner of our inter-club challenge.

WELL DONE AFERDITA - NOT ONLY ARE YOU OUR INTERCLUB CHALLENGE WINNER BUT YOU MY FRIEND ARE AN EAGLE!

• **TEAM MEMBER OF THE MONTH....STEVE RILEY!**

Steve knows the ropes of our club well now. His bright bubbly personality is contagious and will always lift your spirits. Not only is Steve a member of our PUSH_training team but he also works with Amber running our Kids Holiday Programs. As of late we've

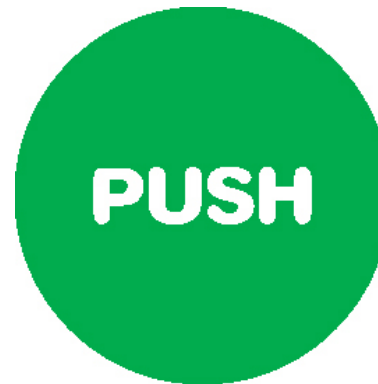
had numerous reports mentioning the great fun Steve is having with the kids during this holiday program. Having a young lad of his own he is a great inspiration to the children and sure knows how to make them work up a sweat!

WELL DONE STEVE, VIVA AND PUSH RECOGNISES YOU!

- **PUSH_Article of the Month!**

Sweating it out

When you get up and start increasing your physical activity you will notice that you are sweating, especially in the summer months that are just around the corner. Sweating is the body's way to cool itself and regulating your temperature. If you are losing fluid from sweating then it is also important to put some back in, but how much do you need?



[THE RIGHT BUTTON]

When you train your body temperature can rise as much as 3 degrees. Your body's natural cooling system, sweating, then gets to work to combat this. Under extreme exercise and heat stress, a body can lose 1.9 litres of water per hour. If the lost water is not replaced, dehydration occurs and serious consequences may follow.

Now picture your body as the car. Your muscles are the engine, your skin is the radiator and your blood vessels are the water tubes that connect the engine with the radiator. When your cooling system is running

smoothly, excess heat from your muscles is drawn into your blood vessels where it circulates to your skin. Evaporating sweat draws heat away from the blood vessels. The cooler blood then re-circulates throughout the body, lowering body temperature. Just by being dehydrated by 4-5% of your body weight will affect your body's performance by up to 30%. Not only that, the impact of dehydration on the cardiovascular system can produce heart problems in people with coronary heart disease and diabetes. Dehydration can also have negative effects on the kidneys.

Sweating is not the only way in which your body loses water. You can lose through breathing, urinating, and going number twos. This means that you need to drink plenty of water each day. Just putting back in what you lost is not enough. Drink drink drink!! If you are feeling thirsty then it is too late. Your body is already starting to feel dehydrated.

Drink before, after and during exercise. This will keep your body water levels normal and your body working efficiently. If you want to perform then get that fluid into you!

PUSH_ personal trainers use the latest measuring techniques to monitor these levels. Speak to one of the fabulous PUSH_ trainers and we can get you on a plan to make your body work its best. Don't forget... Hydration is important so stay wet!

PUSH THE RIGHT BUTTON

Jamil

• V-STYLE!

V-STYLE is an innovative program that we designed to bring back freestyle group fitness and it is only

available at Viva. Each month you will be able to participate in a new **V-STYLE** class.

SPRING SIZZLER starts **NOVEMBER**. Saturday 3rd at 10.45am, Wednesday 10.30am & Friday 6.30pm.

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