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# VIVA FITNESS Newsletter

**4th July 2007**

## **THIS MONTH**

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**Welcome KRISTY,**

Included in this months newsletter is info on our unique Body Transformation Challenge and how you can get it FREE this month, how to go about winning one of our exclusive Push\_packages, we have yet another inspiring article from our Push\_Trainers all about 'Fitness Facts', details of our 'Live your Best Life' presentation with an exclusive special guest, and as always great competitions for you to win some awesome prizes.

Make It Happen .. GET RESULTS,

Dion Mychalyn

• **[Recipe of the month](#)**

**ART HOLDS KEY TO STRESS  
RELIEF!**

**MEMBER OF THE MONTH  
...Rachel O'Connell!**

**TEAM MEMBER OF THE  
MONTH...VICKI TRELOAR!**

**PUSH Article of the Month!**

**V-STYLE!**

**QUOTE FOR THE MONTH**

**"THE GREATER  
PART OF OUR  
HAPPINESS OR  
MISERY DEPENDS  
ON OUR  
DISPOSITIONS  
AND NOT OUR  
CIRCUMSTANCES."**

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

Spiced Chicken with  
Coriander Chutney and  
Roasted Spiced Kumara

Serving size: Serves 8

Cooking time: Less than 60  
minutes

**INGREDIENTS:**

2 garlic cloves  
3cm piece ginger, grated  
2 teaspoons tamarind concentrate  
6 green onions, chopped  
1 bunch coriander, chopped coarsely  
1½ teaspoons ground cumin  
1 teaspoon salt  
1 teaspoon sugar  
2 tablespoons water  
1.5 kg chicken thighs fillets  
½ cup thick natural yogurt

**Spiced Kumara**

2 large kumara(1.2 kg), peeled and split lengthways  
and cut into 1cm thick half moon shape  
1 tablespoon ground cumin  
2 teaspoons salt  
1 large red chilli, coarsely chopped  
¼ cup maple syrup  
juice of 1 lime  
¼ cup olive oil  
1 cup fresh coriander sprigs

**METHOD**

1. Combine garlic, ginger, tamarind, onions, half of the coriander, cumin, salt and sugar in a processor or mortar and pestle and blend until very smooth. Place in a large non-metallic bowl or plastic container.
2. Trim chicken of any excess fat and add to marinade;



**Zootz**  
KITCHEN BAR

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MEALS & COCKTAILS**

257 Seaview Road Henley Beach SA Ph/Fax 08 8235 9990  
BOOK YOUR NEXT FUNCTION AT ZOOTZ

## VIVA GROUP FITNESS TIMETABLE



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

## VIVA'S JOKE OF THE MONTH

coat in marinade and leave for several hours or overnight.

3. Meanwhile, make chutney by combining remaining chopped coriander and yogurt in a small bowl; season to taste.

4. When ready to eat, barbecue the chicken pieces, turning regularly for 15-20 minutes or until cooked through. They can be baked in an oven preheated to 180°C fan-forced for 20 minutes and taken to the picnic cold if preferred.

5. To Serve, slice chicken thickly and place inside toasted flatbreads along with coriander chutney and roasted spiced kumara.

### Spiced kumara

1. Preheat oven 220°C (200°C fan forced) toss ingredients together in a large bowl until evenly coated. Place in a large baking tray and roast in pre-heated oven 15 minutes. Turn vegetables over and roast a further 10-15 minutes or until cooked through.

2. Remove and cool slightly before stirring through coriander. Taste and adjust seasoning if required. Store in airtight container in the refrigerator.

3. To serve, spoon into large toasted flat bread with barbecued meat of your choice.

### • THE BODY TRANSFORMATION CHALLENGE!

**BTC 2007 BODY  
TRANSFORMATION  
CHALLENGE!**





[classic jokes..](#)

**GET RESULTS  
.. GET REWARDS!**



**Oct 6th to Dec 1st**

**Over the past 3 BTC's the PUSH team has lost a total of 740 kilograms & 3071cm's. Our top 30 has lost a total of 284 kilograms and 1078cm's.**



**GET BTC FREE with PUSH\_this month. See frontline for details.**

**Conditions Apply**

**• Nominate a Mate for Personal Training!**

**WIN A 3 MONTH PUSH PACKAGE! Valued at \$500!**



All you need to do is think of someone that will benefit from personal training, then tell is in 100 words or less why.

**PLUS** For every friend that you get started on a weekly package you will receive a **Heart Rate Monitor FREE, Valued at \$179**

Send us your nominations now! Either hand them in at frontline or emial is at [dion@vivafitness.com.au](mailto:dion@vivafitness.com.au)

**• LIVE YOUR BEST LIFE PRESENTATION!**

Come and learn how to Live Your Best Life with the Push\_team and



**Check out our other  
business affiliations for  
great rewards!**

## **STRENGTH FOR LIFE AT VIVA!**



**Check out strength training  
for the elderly**

special guest Nick Jones, Gen-Tec founder and World Physique Champion.

Wednesday, October 3rd @ 8pm

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

**PUSH**

**[THE RIGHT BUTTON]**

### • **KEEP FIT, FEEL YOUNG!**

Human growth hormone, naturally produced, helps keep you lean and strong.

When you dig into the biology of why ageing makes human bodies look old, it's not hard to see why serious exercise is the nearest thing to a youth drug. The reason the body of a 60-year-old looks different from that of a 30-year-old isn't just the wrinkling of its outer casing, but what's happening to the stuffing inside - when muscle and bone start shrinking, bodies sag and posture droops.

The good news is there's an antidote: building muscle. Not long ago, scientists thought that the gradual muscle loss that starts in the 40s was an inescapable effect of ageing that put you on the downhill run to frailty; trapped in a body increasingly made up of more fat and less muscle.

However, it's now known that strength training can reverse muscle and bone loss, making bodies work better and look leaner. Better still, it can help you produce more of the body's natural anti-ager, human growth hormone (HGH), according to strength coach



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**:: 08 8353 5533**

Tony Boutagy, a lecturer with the exercise science department at the Australian Catholic University in Sydney.

In its manufactured form, HGH is controversial stuff. Touted as an anti-ageing drug and performance enhancer that helps reduce fat and boost muscle, it's reputedly one of the most stolen drugs in the world.

Your body's supplies of HGH, however, are produced by your pituitary gland. Production peaks in your mid-20s, then declines gradually with a sharper drop after the age of 50, Boutagy says.

"If you can increase production of HGH naturally with strength training, then there's less loss of muscle mass, better bone strength and less fat," he says.

When exercise stimulates a release of HGH, the hormone helps your body build more muscle tissue - and use up more of its fat. Exercise in general can stimulate HGH production - but strength training gives the biggest boost and the burn in your muscles when you lift a weight repeatedly is a sign you're producing HGH, he says.

To get an HGH spike takes more than a couple of bicep curls, however. Studies show that it takes about 50 minutes of strength training twice a week and it has to be fairly serious, Boutagy says. An example of a typical workout that could produce HGH would be a series of eight different strength training exercises targeting different muscle groups - lunges, squats or bicep curls are some examples - each one repeated until the muscle you're working feels exhausted.

This is much less daunting than it sounds. For one thing, you're meant to rest for a minute between each set of exercises. For another, no one expects novices to work out at that level straight away.

As with anything else, you should build up to it, ideally

under the guidance of a personal trainer or gym instructor. Such steps are a good investment in your body given the evidence that regular strength training helps maintain a healthy weight, strong bones and reduces your chances of needing a Zimmer frame down the track.

Louiza Menzel doesn't know how much HGH she's producing when she works out with weights, but it's bound to be more than that of most 44-year-old women. After training with Boutagy for six years she is strong enough to lift a 100-kilogram barbell, almost twice her body weight, off the floor in a move known as a deadlift.

"I do it to be fit and strong - and to have strong bones," says Menzel, who trains two or three times a week. Her small, curvy shape dispels any myths that strength training makes women bulky.

So can you skip the gym and buy an HGH supplement instead? HGH injections are prescribed at some anti-ageing clinics. However, its use as an anti-ageing supplement is prohibited, says Professor Ken Ho of Sydney's Garvan Institute.

"Anecdotally, we know it's prescribed, but anyone offering it is selling a myth. There's no evidence that it works and there are potential side effects: too much HGH can increase blood pressure and blood sugar levels," he says.

Despite the reputation of HGH supplements as a youth drug, performance enhancer and promoter of longevity, the evidence is less than glowing. A recent review of research into HGH's affect on longevity at Stanford University school of medicine found no evidence that it could help people live longer. There was some evidence it helped increase muscle and reduce fat but it did not improve bone strength and there was potential for side effects, such as joint swelling and diabetes.

Artificial supplements aside, Ho says any vigorous exercise will increase HGH naturally.

"Exercise has a lot of benefits - it helps you stay leaner and stronger and one player in that context is the production of HGH."

#### • ART HOLDS KEY TO STRESS RELIEF!

Taking a wander through a museum or art gallery not only expands cultural horizons - it could be beneficial to mental health.



Jan Packer from the University of Queensland's School of Tourism is investigating how inner-city locations, typically praised for their educational value, can help our growing population of stressed-out city slickers.

"There is a well-documented link between natural environments, such as national parks, and the ability of people to recover from the stresses of life," Dr Packer said.

"What I am trying to do is find out whether informal learning environments in cities have these attributes and are able to provide the same benefits to people."

The theory is that natural environments allow people to mentally recover from stress and regain the ability to focus on work, she said.

Visiting places with "restorative" attributes could allow people experiencing stress to effectively recharge their minds.

Locations with attributes that fascinate, give a sense of being away, occupy the mind for an extended period of time and provide a good fit with an individual's inclinations are most effective, she said.

As a part of her research project, Dr Packer is visiting a number of locations to survey visitors.

The questionnaires are designed to measure the presence of these vital attributes and their possible restorative benefits to visitors.

"If the sites are made aware of the different ways in which people use the environments then they can build their experiences to better cater for the public's needs," she said.

If a link between typically educational environments is discovered, it could change the way the locations present themselves to the public.

A stronger emphasis on seating could allow people to sit, reflect and relax. Venues could also modify exhibits to maximise their restorative potential.

"In museums in particular, there is a greater emphasis on the learning aspect of the environment. These sites see themselves as primarily providing an educational service, but if we can show how important the restorative aspects of the sites are, then they can put things in place to make sure people meet all of their needs."

Dr Packer will also investigate other locations, like botanic gardens and aquariums, to test their restorative abilities.

She said her findings could introduce a whole new generation of visitor - those in search of a place to escape the rat-race, even if just momentarily.

## • MEMBER OF THE MONTH ...Rachel O'Connel!

Rachel's Testimonial....the Work Out so far...

Isn't Norwisy a strange shape?\* Not like me. I'm in great shape. But that wasn't always the case, I used to be fat. I had become lazy and hid behind the age old excuse of being too tired in the evenings to do anything other than watch TV and eat. Then my family came to visit, and my father was clearly unimpressed. This was the incentive I needed to get off my rapidly expanding bottom and hoin a gym. So I met Adam, partook in the BTC and the transformation began.

Over a period of four months I lost 14 kilos of body fat and gained 4 kilos of lean muscle. I moved out of the obese range and into the optimal weight range for my body type. Now I'm hot. I've also gained confidence. I'm happier and healthier and this is reflected in all aspects of my life.

As much as I constantly impress myself with achievements, I can't take all the credit. Adam is awesome at telling me what to do, and I am awesome at listening to him, and mostly obeing him. We make an awesome team. In all seriousness, he has changed my life. And I can't forget Laryssa, who has been instrumental in the positive change in my attitude with regard to cardio, especially boxing. I'm enjoying exercise so much now, that I am encouraging and helping fellow members improve their fitness. Who knew I like bossing others around!

With my newfound enthusiasm, I won a recent cardio challenge. the continuing support I receive form the whole Viva team is helping me to achieve my ongoing goals, which include not looking like Norway.

\*Question courtesy of Billy Connolly

WELL DONE RACHEL - NOT ONLY ARE YOU OUR CLUB WRAP WINNER BUT YOU MY FRIEND ARE AN EAGLE!

- **TEAM MEMBER OF THE MONTH....VICKI TRELOAR!**

Vicki has been part of the club for around 4months as a 'Customer Care Champion' and has exceeded all of our expectations. In the past month Vicki has shown us just what she is capable of, she has put in many extra hours in other areas of the club due to lack of staff as well as achieving high standards as a customer care champ. Vicki you rock!

WELL DONE VICKI, VIVA AND PUSH RECOGNISES YOU!

- **PUSH\_Article of the Month!**

#### **Fitness Facts**

Strength training is better than aerobics to burn fat. Lean muscle will increase your metabolism and speeds up the way your body works. If you've built the muscle then you will be burning fat long after you exercise. Remember that muscle will burn fat indirectly where cardio won't.



**[THE RIGHT BUTTON]**

Body fat % is one of the best ways to assess your health. Body Mass Index (BMI) is just used to get an

average. For example, if you are someone with lots of muscle your BMI would show you as Overweight. But we all know that muscle is essential in fat burning. So talk to one of the PUSH\_ trainers and get your body fat assessed today!

Creams will not get rid of Cellulite. The only way that you are in with a chance is to have a balanced diet and perform regular exercise with resistance training. So ladies throw those creams away and get your butts into the gym!

A lot of people think that muscle weighs more than fat, but this is not the case. If you have 1kg of fat compared to 1kg of muscle they obviously both weigh 1kg. The difference is that body fat is up to 33% larger than lean muscle. The more muscle you have then the smaller your body will be and you should be fitting into those jeans in no time.

Save time and train hard. You don't need to train for hours to have a body like Arnie, but you do need to train with intensity. It's the quality of the exercise you perform, not the quantity. So train hard, and let your body recover for the best results.

By following these simple measures you will be on the way to a better body and a better lifestyle. Do things right and you will see the results follow. The PUSH\_ team are available to make your health and fitness goals reality, so don't procrastinate and get involved in PUSH\_.

"Eat Healthy and Live Wealthy"

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 **OCTOBER**. Wednesday 3rd at 10.30am, Friday 6.30pm, & Saturday 10.45am.

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