

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	<b>1 minute Day Combo</b>		Strength Combo		Cardio Combo	
8:00am	Combo	Arms & Core	Strength Combo	Balance & Core	Legs	
9:00am						Balance, Core & Yoga
5:30pm	Arms & Core	Combo	Balance & Yoga	Legs		

August

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Strength Combo		Legs		<b>1 minute day Combo</b>	
8:00am	Strength Combo	Balance & Core	Legs	Cardio Combo	Combo	
9:00am						Cardio Combo
5:30pm	Legs	Cardio Combo	Arms and Core	Box and Tone		

September

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Arms and Core	<b>1 minute day</b>	Combo		Strength Combo	
8:00am	Legs	Box & Tone	Combo	Cardio Combo	Strength Combo	
9:00am						Strength Combo
5:30pm	Balance & Core	Arms and Core	Combo	Cardio Combo		

**Viv's Fish Dish**

Potatoes (enough to cover overlapping on bottom of dish you choose)

White fish fillets approx. 5 or 6 (I just use Basa or Hoki)

4 or 5 Spring onions

1 bag Spinach leaves (or Silverbeet)

Bunch Parsley

2 cloves garlic

Olive oil, salt & pepper, dill

Optional: Red capsicum, Red onions.

Finely slice potatoes and lay them overlapping on the bottom of rectangular oven dish.

Drizzle a little oil over then sprinkle salt & pepper & dill.

Place Fish fillets on top of potato,

Chop parsley, spring onions, garlic & spinach. Mix all together with a bit of olive oil.

Place mixture on top of fish fillets, cover with foil & bake in mod oven for about 45 mins. Yummo ☺

**LOLLIPOPS PLAYLAND & CAFÉ – BUTLER**

Are you looking for something to do with the kids/grandkids?

Lollipops Playland & Café are opening in Butler mid July 2018.

Here's a fantastic special for our Curves members in August 2018.



Location: 2/294 Butler Blvd, Butler  
Open: 9am-6pm - 7 days/week!

**FACT:** In 2015, data from the National Health Survey revealed approximately 85% of those with Type 2 Diabetes have at least one other chronic condition, and around 55% have two or more!



# CURVES & EXOFIT TRAINING SYSTEMS NEWS

Issue 2 – July 2018



Welcome to our July newsletter!

We'd just like to say thank you to our wonderful members and supporters for embracing our changes.

**What's in this issue?**

- 12 week Teams Challenge
- Benefits of Health Checks & Fitness Testing
- Incentives & Options Programs
- Facts
- Upcoming events, workshops & seminars
- Circuit timetables – July, August & September
- Recipes
- Lollipop's Playland & Café Special

We know change is never easy, however, in our industry this is inevitable. There is always new research to support our changes, so you see the benefits and avoid any dreaded plateaus! *We want you to succeed and see results!*

We're introducing new Incentive and Options Programs for both Curves members and Exofit patients/clients. Please see further on for more details!



Please remember – if you, friends or family have any type of injury; or need help with weight loss and/or nutrition; then don't hesitate to book an appointment with Lee in the rehab center next door to Curves. In addition, Lee is also conducting fitness testing and health checks at Exofit. This is a great way to monitor your health and fitness!

**New 12wk Team Challenge!**

We know how much everyone loved the last 6wk Team Challenge - so we're bringing it back bigger than ever over 12 weeks!

Just like the previous challenge, you will accumulate points for each workout & weigh in (weekly), along with monthly measurements. You will need to ensure you have been ticked off for each workout & weigh in (we will have a spreadsheet available).

If you're going away, that's ok too! We can organize the teams to equalize the length of time for members who are away.

- Starting July 30<sup>th</sup>
- 4 Teams – Pomegranates, Grapes, Limes, Mangoes
- Various Prizes – such as “most workouts”, “most centimeters lost”, “most weight lost”, “most improved fitness level” & “most improved health status”!
- \$5/week (total \$60 - must be paid up front).

We also have an additional option of HEALTH CHECKS and/or FITNESS TESTS within this challenge so you can compare your before & after levels. Please see our blurb for the benefits of health checks and fitness testing.

**We are offering this to you at 50% off, just \$75 for 2 tests or all 4 for \$150! Saving \$75 or \$150!!**

T & C apply to be eligible for prizes.

### BENEFITS of HEALTH CHECKS & FITNESS TESTING

Health Checks are crucial for the benefit of good health and general wellbeing. They can help identify major health problems before they occur!

Fitness testing can be extremely beneficial for all. Whether you are a beginner or a professional athlete, there is a lot to gain from these tests. Please see below the benefits of both health and fitness testing:

- we can determine your current level of health; fitness; risks & limitations
- we can provide incentives to improve your health & wellbeing through goals, interests and motivation
- our health checks can identify potential health risks such as diabetes & heart disease through our cholesterol & blood sugar testing
- identify & guide you with the appropriate training options
- monitor your progress & evaluate your program success
- establish appropriate expectations

Physical activity is now viewed as a crucial part of maintaining quality of life. Regular, appropriate exercise will ensure the ability to function well into your latter years and can also prevent and treat some illnesses as well as provide positive mental health support.

ACCREDITED EXERCISE PHYSIOLOGISTS ARE THE EXPERTS OF EXERCISE; QUALIFIED TO PRESCRIBE EXERCISE AS MEDICINE!

### VIV'S GRANOLA RECIPE

#### Ingredients

500gm rolled oats  
100gm sunflower seeds  
100gm raw pepitas  
120gm sesame seeds  
100gm almonds  
100gm hazelnuts  
100ml apple juice  
2 tspn ground cinnamon  
1 tspn ground nutmeg  
120gm golden syrup  
3 tbspn honey  
100gm brown sugar  
1 tspn salt  
4 tbspn veg oil  
2 apples peeled and sliced into thin wedges

#### Method

Pre heat oven to 170 deg.  
Mix everything except the apples together in a large bowl. Spread the mix out onto 2 baking trays and bake. After 20 mins, mix the granola around a bit to break it up. Add the apple wedges and bake for another 15 mins. The idea is to get the granola nice and evenly toasted. After this, turn oven down to 100deg and bake for a further 30 mins. When cool then place in an airtight container.  
If you want you can use different fruits or nuts in this recipe or try a little coconut as well.

**AllRemedial** uses a wide range of massage modalities, from Deep-Tissue and Trigger Point Treatment to Relaxation and Pregnancy Massage. Massage can help with headaches, stress management, muscle stiffness, injury recovery and even fluid retention. At **AllRemedial** every session is different, tailored to you and to how you feel on the day. Health Fund Rebates are available. Call **Sigrid** on **0403 786 894** to arrange an appointment in Hillarys.



**Curves** members receive a 10 % discount.



### Incentives and Options Programs

**Curves Member Incentive:** should you introduce a new member who signs up for 12 months you'll receive 1 month FREE!

**\*Curves Member Options:** We are introducing a new range of options for our valued Curves members that can be used at Exofit on ANY of our services. Please see below:

Bronze: \$12/mth = 1 consultation or health check & fitness test. **Saving \$20**  
Silver: \$17.00/mth = 1 consultation + health check or fitness test. **Saving \$25!**  
Gold: \$27.50/mth = 2 consultations + 2 health checks + personalised exercise or nutritional plan. **Saving \$112!**

**Exofit Patients/Clients Incentive:** should you refer a new client/patient you'll receive 10% off your next visit!

**\*Exofit Patients/Clients Options:** We are offering our patients/clients a yearly membership on ANY of our services. Please note that this will also include member pack plus 10% off any of our products, see below:

Bronze: \$200/yr = 1 consultation + health check or fitness test. Saving \$20!  
Silver: \$330/yr = 2 consultations + 2 health checks or fitness tests. Saving \$37!  
Gold: \$499/yr = 3 consultations + 2 health checks + 2 fitness tests. Saving \$85!

**\*You are also able to *customize your options!*** Please speak with Lee to organize any of the above.

T&C's: These options are valid per year; can be transferred to family members; can be customized to suit your requirements; includes all of our services from rehab to weight loss etc; Curves Members are direct debit only over a 12 mth period & if you decide to terminate prior to 12mths having used our services you will be liable to pay the full amount upfront.

**FACT:** The amount of muscular mass decreases about 40% by the age of 70 and a significant decrease can be seen after 50 years of age. Periods of inactivity due to bed rest can greatly exacerbate the problem with some experiencing a loss of 3-5% per day in the first week of bedrest.

### UPCOMING EVENTS, WORKSHOPS & SEMINARS

**Weight Loss Workshop:** Monday 6<sup>th</sup> Aug at 9am-12pm or Saturday 11<sup>th</sup> Aug at 9-12pm

Cost: \$99/person

**Location: Exofit**

**Myofascial Therapy Workshop:** Thursday 23<sup>rd</sup> Aug at 5pm or Tuesday 4<sup>th</sup> Sep at 8:30am

Cost: \$120 early bird (ends 14<sup>th</sup> Aug) \$150 thereafter (includes all equipment)

**Location: Exofit**

**Myofascial Therapy Classes:** Monday Aug 27<sup>th</sup>, Sep 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup> at 8:30am \*Evening classes can also be arranged.

Cost: \$160 (includes all four classes)

Held over 4 weeks - 30 mins each class \*minimum of 5 people.

**Location: Exofit**

You may purchase tickets to our workshops/seminars/classes either through Exofit, Curves or eventbrite.com.au – tickets must be purchased prior to event to reserve your place.

\*Additional workshops/seminars are available upon request (including evenings).

ANY QUESTIONS ON WHAT THIS INVOLVES – OR WHAT THIS MEANS – PLEASE FEEL FREE TO ASK! ☺