

Dear Members,

Yay!

The group fitness classes are up and running! It is so good to see our regular class members coming back. For now, we are keeping the class timetable as per before the lockdown, but we do have some exciting new classes beginning soon, so watch out for updates.

If you are just starting to get back into a gym routine how about booking in for a new program.

Even though we are now back to normal please be mindful of hand cleaning, using your towel on the equipment and if you are feeling unwell, STAY AT HOME.



TO OUR NEW STAFF!

Jack

Kia Ora Members,

Jack here! I recently joined the team at Te puke Health and fitness & have enjoyed getting know our local community so far. I'm a qualified personal trainer and CrossFit trainer and have been working in the health and fitness industry however I specialise in strength training. I look forward to helping you achieve your health and fitness goals.

Shannelle

Kia Ora, My name is Shannelle, my fitness journey began with taking karate Jutsu/ kickboxing as a hobby. As my passion grew I gained a certificate in fitness in 2017 and trained in Muay Thai Kickboxing. I love incorporating fitness, martial arts and helping people, I look forward to meeting you and writing your new program.

POWER UP TO

MOVE MORE

- **Hydrate:** Drink water throughout the day and especially before, during, after workout and physical activity.
- **Fuel up:** When your energy is starting to lag, snack on healthy carbs, like vegetable, fruits, and whole grains.
- **Fight Fatigue:** Alternate sitting and standing during the day, wear comfy shoes you can easily walk in, or use insoles to keep your legs and feet feeling fine.
- **Refresh:** Try stress-relieving activity breaks, like lunchtime walks, mediation and yoga to rejuvenate and refresh anytime.
- **Breathe:** practice breathing deeply by inhaling exhaling slowly to deliberately send more oxygen to your brain and body.
- **Eat more energy:** Avoid eating saturated fats or too much protein throughout the day. They digest more slowly and can take away oxygen and energy- delivering blood from your muscles.
- **Don't wait:** make it a habit to go right from work or school to your workout or activity. If you stop at home, you may be tempted to skip it



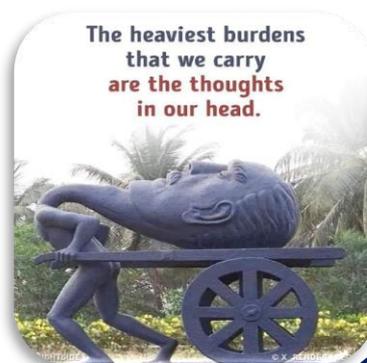
Finding balance in eating on the run

The disadvantage of eating on the run is that we can be forced into food choices we may not make under 'normal' circumstances. Finding balance in our choices is key to good physical, social and mental health. Food is fuel, but it is also so much more, and having a contingency plan that allows flexibility and choices is the place of balance.

The balance might be that you do an element of planning for your week, while also allowing some room for spontaneity. For example, your planning might include one big grocery shop or several smaller ones. Balanced with this, having long life ingredients on hand so you can throw together a dish quickly or having a place nearby where you know you can purchase a nutritious meal or snack when needed may be all you need to still eat well, save money and possibly even save time. Life, as John Lennon sang, is what happens when you're busy making other plans. A childcare crisis, traffic holdups, a last-minute dinner invite, unexpectedly working late – life throws us any number of curveballs: the ability to deal with them and navigate situations as they arise is truly the key to good health.

Here are our top tips for finding balance in eating on the run.

- Understand that you will get hungry and don't allow yourself to skip meals. Skipping might work for an hour or two, but eventually you'll need to find some food somewhere.
- Have a few go-to cafes, grocery shops or takeaway spots that are close to places you might get caught out, such as your regular club or training studio. Know what you can buy from them and stick to your plan when you need to.
- Have a few meals in your freezer that can be taken for lunch or heated quickly for dinner.
- When you do cook, make enough for a couple of nights, or one dinner and two lunches. Use them for home or for work.
- Keep some staples in the pantry and freezer. These can be anything you enjoy and find easy to include in a meal – soba noodles, pasta, rice, canned lentils, tinned tomatoes, herbs and spices, olive oil, chicken breast, tinned or frozen fish and frozen vegetables.
- Don't leave the house without a bottle of water and at least a couple of snacks. Fruit, yoghurts, dips and veggies, nuts and seeds or muesli bars are all easy grab and go items that require no preparation. Keep them in the car or at your desk if that is easy for you. Buy them in bulk so you always have some available.
- Head to your local market and look around for ingredients that interest you. As well as inspiring you to get creative and discover flavours and ingredients you've not used before, this enables you to make food choices based on what you feel like eating.
- Life is busy. Stay balanced, embrace flexibility and learn to eat well, whenever and wherever!



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