

The Fit 4 All News

July 2006

*It is cold and winter has certainly settled in. However, we have survived the shortest day and there are certainly some better days around the corner! Here is something to certainly WARM you up - our winter edition of the **Fit 4 All** news.*

1. Run 4 the Kids

On Sunday, 9 April, on a coldish and windy day, one other client, Gary, and I embarked on the 14.7km Run 4 the Kids (www.run4thekids.com.au).

It really was a great run, taking in the Bolte Bridge and Domain Tunnel (the only time you can run across or through these sites).

I really hope more of you join in next year to support this worthy cause.

And if you do not, watch this space because Gary and I will be doing it hoping to beat our times from this year's events.

My time was recorded as 1:06:42.

2. Squad

To help with your preparation or just to overcome those winter blues join in our Squad training. Including just over a 2km time trial and some other interval and strength type training it will certainly help prevent the winter coat.

Currently Squad happens at Caulfield Park every Monday @ 6.15am. It is held over an

8 week period, however you can join whenever you wish (places permitting). Squad will revert back to the Elwood/St.Kilda beach area after we get over this cold winter spell.

If you would like to give Squad a go or join please let me know and I can provide you with all the necessary details.

3. World's Greatest Shave

On the topic of fund raising, most of you should be aware that for the second year I shaved my head for the Leukaemia Foundation "World's Greatest Shave". My target was to exceed last year's \$200 I raised. I was able to do this and ended up raising just under \$400.

So the bar (just like with your fitness training sessions) has been raised again and I truly hope to collect well over \$500 next year. Thanks to all of you who so kindly donated your money to such a worthy cause.

4. eFit

I have some items to sell and thought you might be interested:

1. Repco Ergo Second Hand Bike

- ⊙ One of the ones currently in the gym will be replaced by one of the newer silver types in the next 3-4 weeks.
- ⊙ This bike used to be my rental bike and I am not totally satisfied as to the way it rides, BUT that said, it is still a good bike and will do the job being used in a home environment.
- ⊙ **Starting Price : \$350**

2. Bench Press (plus bar and weights)

- ⊙ My old bench press is available with a standard bar and a total of 67.5kgs weights included. More weights available on request.
- ⊙ **Starting Price: \$160**

3. Azuma Runners

- ⊙ I have a number of these runners in various sizes and styles.
- ⊙ They are not a bad sports shoe to be used in a gym environment, BUT I would NOT run in them.
- ⊙ Come with a free pair of socks.
- ⊙ **Price: \$35**

4. Tops, Pants and socks

- ⊙ Various makes and sizes (mostly for women).
- ⊙ **Price: about \$15 a top**

If you are interested in any of these items please just let me know prior to your session and I will bring them in for you to have a look at.

5. Our Philosophy

To re-iterate our philosophy and our ethos...

"We work with each of our training clients to help ensure that they not only receive the best workout but also that their fitness, health, well-being, strength, and self-esteem are enhanced by our training regime. Our aim is for our clients not to just meet their goals, but to exceed them."

We value your patronage and want you to get the most out of your training, so please be sure to let us know what your goals are, what you enjoy and give us some feedback – good, bad or ugly.

If you need any information, advice or tips please let us know.

6. The Healthy Chef

Teresa Cutter is known as “The Healthy Chef”. I have referred you to her website www.teresacuter.com.au once before, but for those new clients and those who need a reminder this is an excellent resource and has some great simple recipes.

Under her “Healthy Eating” section check out the “What to Eat” section. It has some very good information.

I especially like the “Why Exercise” bit. It stresses and reinforces my point that I continually make – the more muscle the more you burn up fat!

Her latest book 80/20 Diet is an excellent book to have at home. Normally this retails at \$30 but we have copies **available for \$27.**

WARNING: Being fit can lead to a healthier, happier lifestyle!

7. What a Change!

Finally, let's get back to Gary – the guy who ran the Run 4 the Kids back in April. Gary is an inspiration having lost nearly 30kgs since having started training with **Fit 4 All** in December 2004. See what a difference for yourself.



BEFORE



AFTER

But it is not just for aesthetics. Gary had a goal to lose the weight and improve his fitness. Goals like these are achievable but it doesn't come without hard work.

So here is what Gary has to say:

Through a combination of regular exercise (under the careful tutelage of Milla) and a more sensible diet:

I have lost about 30kg;

I have way more energy;

I don't feel drowsy mid afternoon any more;

I have a whole new wardrobe;

My recovery rate is way better;

My resting heart rate has dropped about 15 beats per minute;

I can feel a huge difference when I jog/run – the impact on my joints is way less;

I feel much better about myself;

I can eat more now without putting on weight;

What more could a man want?!

8. Remember

Exercise along with proper eating is the best way to stay healthy during winter.

A little bit of exertion goes a long way towards keeping you warm and when spring comes along you will already be looking and feeling great.

If you keep focussed on your training

during the colder months it will only be that much easier to continue your training when the weather gets warmer.

I'll see you in the gym or at the park.

Keep fit.

~~David Milla

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