

END OF YEAR PARTY
SATURDAY 19TH DECEMBER 2009
9-30AM - 2-00PM
APEX PARK
EVERYONE WELCOME
BRING A PLATE & SOME DRINK

Did you know?

That the average person scoffs 25,000kjs on Christmas Day. That's enough energy to fuel a 29km walk.

So to avoid feeling stuffed this Christmas follow these sensible substitutes to avoid the holiday weight gain..

	KJS SAVED
Eat two big roast potatoes rather than 4 small ones (they absorb less fat)	400
Take the skin off the turkey	200
Switch cream for low-fat Greek yoghurt	860
Dress carrots and new potatoes with fresh parsley, not butter	330
Say no to seconds of Christmas pudding	1225
Total	3015 KJ

Is your body ready for the Holiday Season?

The heat has arrived and it's officially beach weather, so now is the time we dust off those swimmers from last year and test them out for the holiday season. One problem....they don't fit quite as well as they seemed to last time you tried them on. With the holiday season fast approaching now is the time to spring in to action and commit to shaping your body ready for the beach!

With our range of outdoor classes you can take advantage of the beautiful weather and early mornings, or for those of you if it is a bit more convenient, the circuit. But don't forget Spin!!! Spin is the perfect way to help you get the legs you want. Perfect for people of all ages and fitness levels, if you want to lose a bit more weight, getting back into exercise after injury, add variety to your workout regime or just would like to take your fitness to the next level. All you need is determination!!!!

Spinning is a cardiovascular intense form of exercise, which means you can expect to burn up to 100 calories/10mins. Spinning allows you to achieve a volume of work you may not be able to replicate on your own. You also have the added ability to be able to train regardless of the time or weather.

So if you have never tried Spin before, now is the time, with our 24 hour Spin studio you can choose a time to suit you and work along with one of our DVD Instructors. If you feel you need that bit of extra motivation there are Instructor-run classes Mon-Thurs with Nadja in the evenings and morning/evening classes available with a DVD Instructor and our Motivator, Ben. With such a wide range of times on offer there is a class guaranteed to suit you!

Its up to you whether your ready for summer or not and its not too late to start now! Please see Gym Reception or our website

www.heart-beats.com.au for further information or a class timetable.

Nadja

News from Sarah at the Front Desk -

Heart Beats Holiday Times:

Our Heart Beats Angels will be on holidays from 24th Dec - 12th January! Heart Beats will still be operating for all members through Fingerprint Access only. We are doing everything we can to get the New Finger Print Machine up and running and will keep you all posted when its operational.

Beating the Christmas Bloat.

Well it's that time of year already!! Everybody is looking forward to kicking back or kicking up their heels over the Christmas break.

It's a time to remember your loved ones. Think about the year gone and the one to follow. To eat, drink and be merry but also to take care of ourselves and keep safe.

Every year we vow not to finish the party season with bellies the size of Santa's Sack and every year we just can't resist the delicious spread of festive foods and why should we, It's Christmas!!!!

Well here is a tip to keep the Christmas Day Bloat away:

"People mistakenly think that sugar is the culprit, but fat is the biggest contributor to Christmas indigestion," says Gastroenterologist Jane Andrews.

Fat delays the stomach emptying, so if you are going to have pate and cheese for starters, choose a low-fat dinner and avoid extra big serves.

Try taking probiotic supplements to give a boost to good gut bacteria and digestive enzymes to help process those bigger meals and remember to fit in some sort of exercise every day.

For more great tips, refer to our Did You Know section.

MERRY CHRISTMAS EVERYBODY!!!!!!! Sarah

One More Reason To Workout...

We all know how good losing weight feels, but what you might not know is that it may reduce the risk of developing certain types of cancer. Carrying excess weight around your mid section, known as visceral fat, causes the body to become less sensitive to insulin. When insulin levels increase, so does your chance of developing cancer in your colon, uterus, kidney and pancreas. Working out will burn visceral fat, therefore lowering your risk dramatically.

News from Lady Anne. Helping the Christmas Hangover.

Well there is no magic cure for preventing the silly season morning after hangover but if you give your tummy, liver and body chemistry a little TLC, you can help reduce hangover symptoms.

Try drinking two liters of water to combat the dehydration caused by alcohol, which slows blood circulation. This is what gives you that wobbly-on-your-feet feeling. Alcohol also depletes Vitamin B levels so take a daily supplement containing B6 and B12 also.

To support your liver, try herb milk thistle supplement in capsule or liquid form. This will help stimulate the bile flow from the liver so that it works more effectively to process and filter the toxins of alcohol from your body.

Also eat some crackers before bed. The carbohydrates help to slow he absorption of any alcohol still in your stomach. It will also stabilize your blood sugar levels for the next day!

HAPPY HOLIDAYS !!!!! Anne