



RUN FOR YOUR LIFE

Running Wild Newsletter August, 2010

ZUMBA IS HERE ZUMBA IS HERE ZUMBA IS HERE

Zumba, the Latin American dance fitness craze is starting at Running Wild Fitness 7pm on Monday night 16th August. Why not join the fun ?!?!?!? No previous experience required - just enthusiasm!

Saturday Yoga - 8am to 9.15am

There are a few vacancies in the Saturday Yoga class, a pro rata rate will apply for the remainder of the term fee .

Wednesday Tai Chi -there are vacancies, free trial class on offer - beginners start at 9.30am.

BEROWRA WOODCHOP

Running Wild will have a stall at Woodchop again this year on Sunday 8th August. We will be doing a demonstration spin class and boxing class and will need a 'team'. All ages, levels of fitness, shapes & sizes required. Please let Jenny know if you can help.

WOODCHOP DEAL - tell your family & friends!!!!.....

We will be promoting Running Wild by offering a Woodchop deal - a fitness assessment, 12 visit pass and a T -shirt for \$180, a saving of \$60. This offer is only available from 7th to 9th August. Conditions apply

RUNNING WILD FITNESS T-SHIRTS

T-shirts are currently being printed and will be available for \$12 at Woodchop and later at the gym.

There will be a range of men's & women's sizes in a black T-shirt with bright yellow printing and also a bright yellow T-shirt with black printing with our cheetah motif.

New staff Member

Cass Day is now at the gym on a Saturday morning from 7am and runs the Boxing circuit and Spin class. Cass is super keen & has lots of new ideas. Please make her feel welcome.

Testimonials for the Running Wild Website

(We think we do a good job but unfortunately we aren't that good at blowing our own trumpet..... we need help to spread the word, stuff like 'run by locals for locals' or the gym that's not like other gyms)

If you think we are doing a great job, can you write it down and give it to us? We are about to update our website and need new material.

National Healthy Bones Week starts on August 1. This year the campaign focuses on calcium rich food and how they can help maintain healthy bones and prevent osteoporosis in later life. Consuming calcium on a daily basis, such as milk, cheese & yoghurt and getting enough Vitamin D (15 mins of sun exposure a day) and doing some weight bearing exercise 3 to 5 times per week are the main ways to keep the bones healthy. More information at www.healthybones.com.au

Etiquette at the Gym:

Wipe feet on the door mat, to minimise grass & dirt being tracked through gym.

Replace all equipment after use to correct location in gym.

Ensure weights are not left where others may trip over them.

Wipe equipment after use, especially if you are sweaty.

Wipe sweat off yourself before it drips onto the floor or equipment.

Bring a water bottle to rehydrate before, during & after your session, bring a towel, wear joggers with lots of support & cushioning. Please also wear an effective deodorant. Women should wear a supportive sports bra

Payment for Gym & Classes

It would assist us greatly if you could pay for your visits in advance. Payment can be made by cash, cheque or by direct transfer. Please ask for bank details if you wish to pay by direct transfer.

Currently we are trying to keep our fees down. However, this is becoming increasingly difficult with the increased cost of electricity, insurance, wages, equipment, rent, GST etc. We will reassess later this year. For now the only change will be for 12 week unlimited pass holders wishing to do Yoga, Tai Chi or Pilates there will be an additional fee of half the term fee for that class.

Beginners Guide to BMI - Body Mass Index

The general measurement currently in use to ascertain healthy weight is the Body Mass Index or BMI. It is a measure of body fat based on height and weight and it applies to men & women.

It is calculated by dividing your weight (in kg) into your height (in metres) squared. So a 1.68 metres tall woman weighing 70kg is 24.8. Guidelines for BMI are 18.5 or below is considered underweight, 18.5 to 24.9 is healthy, 25 to 29.9 is overweight and 30 or greater is obese.

A person with a BMI over 25 is considered at greater risk of heart disease, stroke, hypertension, diabetes, gall bladder disease, cancer & premature death.

As always there are exceptions to the rule, it is only one factor in assessing your health. Ask at the gym for your BMI, or talk to your GP if you are concerned about your weight.

See you soon at Running Wild Fitness,
Yours in health & fitness,

Merridy & Jenny