



# RUN FOR YOUR LIFE

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Running Wild Newsletter November, 2009

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## **COME & TRY KAYAKING**

Sunday 15<sup>th</sup> November at Crosslands at 10am. The cost is \$40 per person & includes tuition kayak, paddle & PFD and two hours of fun on the water.

Double and single kayaks will be available to try.

Please book in at the gym or via email to [merridy@runningwildfitness.com.au](mailto:merridy@runningwildfitness.com.au)

## **HAWKESBURY CANOE CLASSIC 111km overnight race**

It was a clear but dark night and reasonably uneventful! Warren & Merridy completed the race in 10 hours 20 mins, beating a previous time in the supersonic by 9 minutes. Warren clocked up 10 finishes for this race and Merridy finished her first big race in the front of the kayak!

## **SECONDARY RAFFLE WINNERS**

Winners of the secondary draw (for the Hawkesbury Canoe Classic raffle) were Jocelyn Powell & Aileen Knight 5 visit passes to Running Wild Fitness and Belinda Penna & Carolyn Okell a bottle of wine each.

Thank you to everyone who supported Merridy & Warren by purchasing raffle tickets. They have raised over \$600 for the Arrow Bone Marrow Foundation, to help support leukemia patients & their families.

## **PILATES, TAI CHI, YOGA**

There are still a couple of vacancies for these classes if anyone wishes to join. Pilates is on Weds night 8 - 9pm, Yoga Tuesday night 7.30 - 9pm and Tai Chi is on Weds morning at 9.30am.

## **SPIN CIRCUIT**

Following the successful introduction of these classes, Running Wild will be offering two further classes, Wednesday 6pm and Saturday 9.30am. If you haven't tried the class yet, do it soon.

## **AQUAROBICS**

If you supply the pool and class participants Running Wild Fitness will supply the instructor! Let Jenny or Merridy know if you are interested.

## **ADVANCE NOTICE CHRISTMAS/ NEW YEAR HOURS**

Running Wild Fitness will be open until 8pm Weds 23<sup>rd</sup> December. We will then close from 23<sup>rd</sup> Dec,2009 until Mon 4<sup>th</sup> January, 2110. From 4<sup>th</sup> January we will open for limited hours and from 11<sup>th</sup> January normal hours.

## **THREE FOOD MYTHS**

### 1. Myth: Nuts are fattening.

Fact: Nuts do indeed contain lots of energy. For example, 15 cashews contain 750kj and a handful of peanuts is about 850kj. The problem is overeating these tasty snacks. If you can resist eating too many nuts they are a valuable part of a healthy diet. Nuts are high in monounsaturated and polyunsaturated fats, and plant sterols, all of which lower bad LDL cholesterol.

### 2. Myth: Skipping Meals Helps You to Lose Weight.

Fact: Many people think that missing out on a meal will lead to weight loss, but in fact the exact opposite is true. When you skip a meal, your body goes into starvation mode and slows down your metabolism to compensate. You'll then overeat at your next meal, which adds up to a higher overall kilojoule intake. Instead, eat small meals often in order to keep your blood sugar balanced. Remember a good healthy breakfast is one of the most important meals of the day.

### 3. Myth: Red Meat is worse for your heart than white meat.

Fact: Studies have made the link between red meat and heart disease, largely as a result of the saturated fat content. But even chicken can contain as much saturated fat than the same serving size of chicken thigh with skin. Poultry is naturally lower in saturated fats, but this is negated if you eat the skin. It's false to claim red meat is altogether bad for your health - it's a source of vitamin B12 and iron. So instead of excluding it from your diet entirely, just choose leaner cuts.

Please let us know by email, phone or in person if we can assist you in any way with your health & fitness needs.

Stay healthy,  
Merridy, Jenny & the team at Running Wild