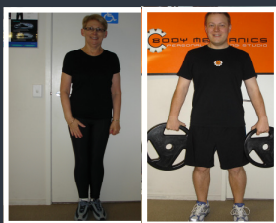


Fitness *focus*

**BODY MECHANICS PERSONAL TRAINING STUDIO -
HELPING ACHIEVE BETTER LIVES AND LIVING WELL.**

Welcome to 2011- It's Goal Setting Time! Make a SMART goal today and see why goal setting is a valuable vehicle towards achievement.

Here are a few of the many goals our clients achieved in 2010:



▶ KERRY & SCOTT LOSE 50KG..... 1



▶ BELINDA QUALIFIES FOR WORLD CHAMPS IN FIRST HALF IRONMAN..... 1



▶ WATER - ARE YOU DRINKING ENOUGH?2

We'd like to mention a life transforming achievement and acknowledge how determination and consistency, coupled with healthy nutrition and exercise guidelines can make for some sensational weight loss results.

CONGRATULATIONS Kerry & Scott Russell (Mum & Son), who have lost over 50kg between them in 8 months-WOW!



Hard work pays off for swimmer Nathan Capp who trains with Shane. He became the National Age Group Champion & a new National Record Holder in 2010 taking more than 4 seconds off his 1500m freestyle time.

Perseverance, practice and determination were the key ingredients for Lynne Coker

who passed her RAD Grade 6 ballet exam with merit after a 20 year absence from the sport - well done. Endurance and many hours in the saddle enabled Dave Emsley (pictured) to ride twice around Lake Taupo (320km) in a startling 10hrs 25mins - Fantastic effort.



Having a great attitude, doing the hard yards and believing in herself helped Belinda Martin finish her first ever Tauranga Half Ironman (swim 2km, cycle 90km, run 21km) in 5hr 10mins. This outstanding effort qualified Belinda for the World Champs in 2011 - Go Girl!

BRIGHT IDEAS

Body Mechanics are always interested in your feedback and input. If you have any "Bright Ideas" that you would like to share with us to help us improve our service to you or to enhance your session in the Studio please feel free to let us know.

HOT TRAINING TIP

To improve your recovery ability or assist muscle growth after a weights or resistance training workout ensure you have a good quality source of protein with some carbohydrates within an hour of your workout. A great example is a protein shake with a banana. We recommend Red8 Just Whey Plus Protein & Red8 Soy Protein.

Fitness *focus*

SMART REASONS TO STAY HYDRATED:

- >2% loss in body fluids will start to result in a loss of performance
- Muscle contraction – as muscle is approx. 78% fluid, a well-hydrated muscle means more sustained and efficient contraction, higher sustained output, thus training harder for longer.
- Improved energy levels through good hydration
- Muscle recovery and repair
- Fat Loss – a hydrated body can metabolise body fat more efficiently
- Detoxifying – water will help detox the body (which can assist body fat loss)
- Skin tone and cleanser
- Regulates fluid balance
- Food Assimilation – meals are utilised more efficiently if you are well hydrated



Water - Are you drinking Enough?

You may have noticed that it's Warming Up!

In a one hour workout you could lose up to one litre of fluid which is equivalent to one kg. It should be your aim to replace this plus some. Try to empty your water bottle during the exercise session then (depending on your sweat rate and body size) drink another bottle afterwards. Drinks need to be taken before and after exercise, as well as during,

to ensure optimum performance of your muscles, and hydration of your body.

For re-hydration water is your best choice. Carbohydrate and electrolyte drinks should be no more than 7% carbohydrate, so stay away from those drinks that have a higher carbohydrate / sugar

For re-hydration water is your best choice.

content. Higher concentrations of carbohydrate will slow down re-hydration. If you have signs of thirst then it is too late – you're dehydrated. Your body's main need will be for water, so this is what you should drink.



RECIPE - Bliss Balls

1 cup Desiccated Coconut
1 cup Dates
1 cup Apricots

1 cup Raisins
2 Tbsp Honey
400g Ricotta

Place all ingredients in a Whizz except the coconut. Roll into small balls and roll in coconut. A great healthy protein & carb packed snack for morning or afternoon tea, or for the lunch-box. Enjoy!

“PERSONAL WELLNESS PROFILE”

COMING SOON TO BODY MECHANICS PERSONAL TRAINING

49 Maunganui Rd,
Mt Maunganui
Sandi - 021 846255
Shane - 021 2743066
bodymechanics@xtra.co.nz

