

Fitness focus

BODY MECHANICS PERSONAL TRAINING
ONE LIFE. LIVE IT WELL

CONTENTS

1. SPRING CLEAN YOUR BODY
2. TOOLS FOR YOUR WORKOUT
3. HOT TRAINING TIP
4. FOAM ROLLERS
5. RECIPE
6. NEW EQUIPMENT

Winter is behind us and we are all looking forward to the days getting longer and lighter. Time to clean out the cob webs and give your body a fresh start for summer.

1. Give your body a Spring Clean

It's CLEANSE Time! - The 10day to 3 week Cleanse that we recommend has achieved fantastic results. Many clients said, "We literally did not realise just how great we felt until we went back to our "normal" eating patterns."

It is as easy as ABC:

Lifestream Cleanse naturally purifies, nourishes and cleans out your insides.

Step A: Lifestream Aloe Juice

Helps with any bloating, and gives your stomach and intestine that soothing, calming start to the day.

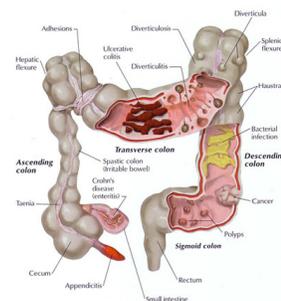
Step B: Lifestream Bowel Biotics+

Fibre, prebiotics and probiotics to eliminate waste, cleanse & maintain a healthy bowel.

Step C: Lifestream Chlorella

Gives cleansing and detoxifying properties for your colon, liver & blood. A rich source of chlorophyll and range of natural vitamins and minerals.

If you feel that your body needs a bit of a kick start and a clean out - talk to Shane or Sandi and they can help you to get started.



2. TOOLS for your WORKOUT

A reminder that with the days warming up it is appreciated that you bring a workout sweat towel with you. If you are a big sweater please bring a large towel. Having a water bottle and wearing comfortable loose fitting, breathable clothing will help to get the most out of your workout. Showers and protein shakes are also available post workout if required.

3. Hot Training Tip

Have you been unwittingly super sized recently?

You may not realise you are suffering from "portion distortion". This term is used to describe the upward trend in the size of snacks and meals people are commonly consuming. Portion sizes are important as larger portions mean more kilojoules are consumed. And remember for weight management, it's not just what and when you eat, but how much.

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6. NEW EQUIPMENT

- **Wattbike Pro**
 - For cycle fitness training
 - Fitness testing
 - Measuring cycling power output
 - Cycling efficiency
- **Boxing Gloves**
 - Leather
 - Thicker padding for comfort
 - Velcro strap for wrist support
- **Multi Direction Rollers**
 - Great for abdominal & core training
- **Life Balance & Wellness Assessment**
 - Assess yourself

4. On a Roll?

The FOAM ROLLER - A tool for rehab, flexibility and recovery

A foam roller can be used as part of a warm up and cool down, improves circulation, and breaks down knots that limit range of motion. It can also prep muscles for stretching. Try these routines, moving slowly and stopping and holding on tender spots.

ILIOTIBIAL (IT) BAND Lie on your side with the roller near your hip, rest your other leg's foot on the floor. Move along your outer thigh. Increase pressure by stacking your legs.



QUADRICEPS Lie on your stomach with a roller placed under the front of your thigh and slowly roll up and down from the bottom of your hip to the top of your knee.



PIRIFORMIS Sit on the roller and place one foot on the opposite knee. Lean into one buttock and roll forward and back, using your supporting leg to control the pressure.



HAMSTRINGS Place the roller under your thighs. Roll from the knees to the buttocks. To increase the pressure, roll one leg at a time, turning your leg in and out.



CALVES Put the roller under a calf. Rest your other foot on the floor. Roll from the ankle to below the knee. Rotate the leg in, then out. Stack ankles to add pressure.

COOLDOWN Rolling flushes out toxins to help recovery.



Body Mechanics stocks both 45cm (\$40) & 90cm (\$70) Foam Rollers

5. RECIPE - Thai Fish Cakes

400g	Fish (Hoki is great)	1	Egg
1Tbsp	Red Curry Paste	½ C	Green Beans thinly sliced
1Tbsp	Fish Sauce	1-2	Kaffir Lime Leaves - finely chopped (optional)
2Tbsp	Brown Sugar		Olive Oil

Sweet Chilli Sauce to serve

Place Fish, curry paste, fish sauce, brown sugar & egg in a kitchen whiz. Blend until smooth then stir in the chopped beans, kaffir leaves and basil. Make into small patties and pan fry in batches, they don't take long to cook. Serve with a salad, basmati rice and sweet chilli sauce.



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