



HUNTERS FITNESS CENTRE

January 2020

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Hunters Fitness Centre welcomes you all to 2020 and hope you have had a great start to the New Year.

Many of you will be setting or have set New Year's Resolutions. How many of you have decided this is the year to do something about your Fitness levels? It doesn't take much to start...even something as simple as going for a walk to the end of the street or around the block 2-3 times a week is a start on your fitness journey. Some people prefer to do this first thing in the morning while it's a bit cooler, giving a great way to wake up and get the endorphins flowing which makes the day go easier. When you get your exercise done early you're not having to try and find the energy to do it at the other end of the day after a hard or long day's work.

Of course if you need the motivation and someone to push you to do the exercise then there is no better way than to come to the Gym. Our classes have levels for everyone and working with a group can often lift your levels and make you work harder getting better results. Grab a friend and bring with you for accountability.

Weekly Class Timetable

	Boxercise	HIIT	Beginners	Yoga	Hapkido	Judo
Monday	6:15am		6:45am			5:15pm Kids
Tuesday		6:15am	6:45am	5:30pm	6:00pm	
Wednesday		6:15am	6:45am	6:00pm		5:15pm Kids
Thursday		6:15am	6:45am	5:30pm	6:00pm	
Friday	6:15am		6:45am			

Please note: Judo only runs during school term, not during holidays.
Kids Class 9am Friday mornings.

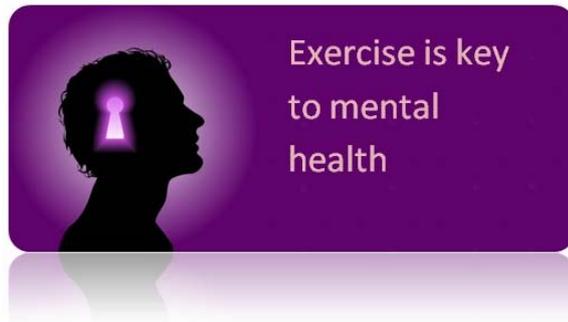
Hunter's Fitness Centre Kickstart Program

What you get

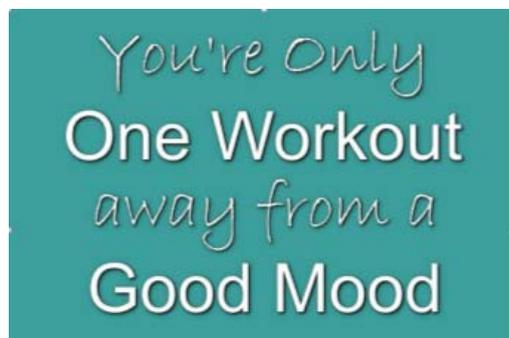
Introductory Session Goal Setting Measurements Nutritional Advice	RRP \$61.00	Discounted Price Introductory and Technique Session combined \$51
Technique Session	\$30.50	
Classes Monday Boxing/Beginners Class Tuesday HIIT/Beginners Class Wednesday HIIT/Beginners Class Thursday HIIT/Beginners Class Friday Boxing/Beginners Class Option of 2 PT sessions a week instead of a class	\$152 Use of gym \$61 PT	\$126.50 Use of Gym \$30.50 PT
Home/HIIT Alternatives 6 sessions you can do at home or in the Gym	\$30.50	\$15
3 rd Week Catch Up Session	\$30.50	\$15
Final "Results" Session	\$30.50	\$15
TOTAL PRICE	\$396	\$253

Mental Health and Exercise

Exercising regularly greatly reduces the adverse effects of stress on your body. Studies have found that symptoms of mental health issues like depression and anxiety are reduced and that exercise can aid in recovery. Exercise improves your sense of control, coping abilities and self-esteem as well as improving physical health.



Exercise increases your energy levels and provides an outlet for frustrations as well as increasing your overall physical health. This in turn helps you cope better with life's problems. A healthy body really does help in having a healthy mind.



To help your health with exercise see Jo or Kerri at Hunters Fitness Centre, call 4090 4131 or email gym@nparc.qld.gov.au

We also have contacts in the health care community and can put you in touch with experts for private and confidential assistance with any issues you may be experiencing.

What is HIIT and why is it so good for you?

HIIT stands for High Impact Interval Training. It is a combination of short bursts of intense exercise alternated with low intensity recovery periods.

HIIT is arguably the most effective form of exercise for burning fat. Sessions typically last from 10 – 30 minutes and when done correctly, burn 25 – 30% more calories than steady state cardio (such as cycling or jogging) and resistance training in the same amount of time.

Sessions can range from 10 – 30 minutes depending on the activity you choose and how intensely you are exercising. For maximum results intervals of 20 seconds work (at 100% effort) would be followed by low intensity or rested intervals of up to 30 seconds.

Activities can also vary and may include body weight exercises, cycling, treadmill or hand weights.

HIIT burns more calories in a shorter time period, but shorter workout sessions isn't the only benefit of choosing HIIT. HIIT increases your metabolic rate for up to 24 hours after exercise, helps stabilize blood sugar levels, boosts cardiovascular strength, lowers blood pressure, increases oxygen consumption (improving endurance) and HIIT burns fat before calories without.

At Hunter's Fitness Centre, we offer HIIT sessions Tuesday, Wednesday and Thursday mornings at 6:15am.

Introducing our new Supplement Range

Reload

Help those muscles recover better with the use of this post workout.



Protein bars

Need to increase protein but watching your carbs. The perfect snack for on the go!



WPI

Boost your training performance and help grow those lean muscles. Helps with weight loss too.



Avenger

Preworkout for the men. Help your workouts last longer and feel better



DFine8

Preworkout for the ladies. Make your workouts longer and less fatiguing



BCAA

Contains the amino acids you need to replace in your body during a workout.



SWEET POTATO MUFFINS

Ingredients:

Olive oil
600g sweet potato
4 spring onions, finely chopped
1 - 2 fresh chillies, finely chopped
6 large eggs
3 tablespoons cottage cheese
250g wholemeal self raising flour
50g parmesan cheese, finely grated
1 tablespoon sunflower seeds
1 tablespoon poppy seeds

Method:

Preheat oven to 180c.

Line a 12 hole muffin tin with paper cases or baking paper.

Peel and coarsely grate the sweet potato into a large bowl.

Mix in the spring onions and half of the chilli.

Add the eggs, cottage cheese and flour. Mix in most of the parmesan, leaving some for topping.

Add salt and pepper to taste.

Evenly divide the batter into the muffins cases. Sprinkle with the sunflower and poppy seeds, remaining chilli and finally the remaining parmesan.

Bake at the bottom of the oven for 45 - 50 minutes, or until golden and set.

Enjoy warm or store in the fridge for a couple of days.

