



# BILL'S HEALTH CHAT

## Wishing you a Happy & Healthy 2012

### How to Detox

Did you know that a 32-year-old woman may have as many 5000 as toxins in her body?

Your Health is priceless and is one of the most valuable assets to you. You need your health to enjoy a long and disease-free life. Rightfully so, it is believed by many that good health is more valuable than riches and wealth. After all, if you are not in good health how are you going to be able to enjoy your wealth and material riches. A body detox is a great way to get your body back to a toxin-free and healthy state. Detoxifying your body on a regular basis helps to prevent diseases, injuries and other unhealthy ailments.

A detox refers to the process of eliminating toxins from your body. The following steps will explain in detail how to get started in detoxifying your body naturally.

1. Prepare yourself mentally before you begin the detoxification process. A detox isn't easy. You have to stop eating foods and drinking beverages that you may love. You must be prepared to resist any temptations and stick to your detox plans.
2. In getting started you will need to decide on how long you want or need to be on a detox diet. Some detox's last a week, two weeks, a month+ . How long you detox is all up to you and how toxified you feel your body is.
3. Eliminate or reduce the toxins that you introduce into your body. Stop smoking, drinking alcohol or taking drugs and remove any caffeinated foods or beverages from your diet, including chocolate, coffee and soft drinks. Avoid eating high-fat or highly processed foods and refined flour products, too.
4. Remember to avoid the toxins used outside of your body as well. For example, don't breathe the fumes of harsh household cleansers, lawn and garden fertilizers or other chemicals.
5. Eat a lot of fresh fruit and vegetables and only eat whole grain products. Organic food is an excellent choice. You want your diet to consist of foods with few, if any, additives or preservatives. It is important to get plenty of vitamins in your system while you are detoxing. Since you will be flushing out toxins during your detox, you should be replacing them with vitamins from healthy fruits and vegetables.
6. Remember to Exercise. Be sure to get plenty of exercise during your detox. Exercising will sweat out toxins and increase your overall health. Try to get at least 1 hour a day of aggressive exercise, i.e. running, jogging etc.
7. Drink a lot of water. You should drink at least eight 8-ounce glasses of water a day. Water will not only hydrate you, but will also help flush impurities out of your system.
8. Be willing to take things slowly, if necessary. Making such drastic changes to your diet can be extremely difficult. If you find it to be too overwhelming, focus on removing only one or two things before moving on to another.

Detox Recipes and Drinks. You can find detox meal and drink recipes on websites such as [detoxstrategy.com](http://detoxstrategy.com) websites such as this one offer delicious food and drink recipes that will aid you in your detox.

**Now be sure to check out Page 2 of our newsletter for details on our brand new piece of Gym Equipment "The Hypervibe". Also details of our Boot Camp & Brand New Fit 4 Life Facility are on Page 5. So until next time. Your in Fitness & Health, Bill**

## Bills Words of Wisdom

Nothing in the world can take the place of Persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and Determination alone are omnipotent. The slogan 'press on' has solved and always will solve the problems of the human race. *Calvin Coolidge*

## HyperVibe is the revolutionary way to stay fit

# HYPERVIBE

Backed by decades of research, Whole Body Vibration provides numerous health benefits, and is ever increasing in popularity. A workout of as little as 10 minutes three times a week on our HyperVibe machine, is all that is needed to achieving overall body toning and strengthening

### HOW DOES IT WORK?

The fundamental principle of Whole Body Vibration training is to create a response from the mechanical movement of a vibrating platform. The platform creates vibration by pivoting from a centre tilting axis. When a user places their weight on the platform, their own body weight acts as resistance to the forces caused by the vibrating platform. Once a vibration threshold is reached, this action induces a reflex which causes involuntary muscle contractions. These contractions target not only our primary muscles, but also involuntary muscles such as the pelvic floor. The involuntary contractions induced when training on a vibrating platform, fire the muscle much more efficiently than voluntary muscle contractions that occur via conventional weight training. Not only does vibration training fire the muscle more efficiently, but it can cause contractions at a very rapid rate. When we train in the gym using conventional weight training, we do this by contracting our muscles and relaxing them over and over again with some sort of load for resistance. That load can be created with weights, hydraulic machines or by simply using your own body weight to create a load e.g. push ups. It could take one hour to get a full body workout, using this conventional method. When using the HyperVibe vibrating platform you can induce muscle contractions up to 28 times per second, sending your muscles to fatigue much sooner. This is why a full workout on a vibration platform can be achieved in a very short period of time.

### SO WHATS INVOLVED?

The workout is tailored to your needs & fitness levels. We recommend you do three Hypervibe sessions per week.



### What's the Cost?

15minute session with a personal trainer is only \$15.00 or a 10 session pack including initial consultation, attracts a \$30 discount, making it \$120 for 10 sessions.

Book at reception or phone  
5437 4602

PELICAN WATERS SPA & RETREAT

## New Years Special

Spray Tans  
**ONLY- \$29**

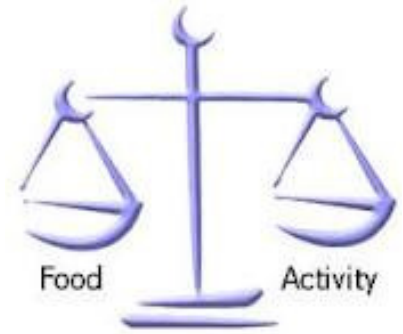
Spray Tan  
& Full Body Exfoliation  
with

Massaging Swiss Shower  
**ONLY- \$99 SAVE- \$40**

**BOOK NOW! Ph: 5437 3022**

## TIPS FOR MAINTAINING

- When you know you are going to a party don't "save up" your calories and not eat before you go. Eating small meals throughout the day will prevent you from overindulging on too many goodies at the party
- Bringing your own healthy dishes to parties is a good way to insure that you will have something to eat if everything served there is laden with fat and calories. Hummus and veggies, fruit and yogurt dip, and turkey rolls ups are some healthy ideas
- If you see something that looks too irresistible try this strategy; Take small amount and take one bite. This should keep you from the "I can't have it" mentality that makes you feel deprived
- Calculate how many kilometers you have to do on the treadmill in order to burn enough calories to compensate for your favorite treat. Do the miles and eat the treat without guilt
- Remember to drink lots of water throughout the day. Yes W-A-T-E-R! This will help you feel fuller & resist the urge to over indulge.
- The key is pacing yourself and to indulge moderately
- Lastly if you do overindulge not to worry you have plenty of motivation & support waiting for you on your return into Fit 4 Life Health Club & a fantastic reason to join our Boot Camp! See Reception or Freya & Tristan for more information or turn to Page 5 of this Newsletter



## S-T-R-E-S-S-E-D ?

### Stretches to Help You Sleep Better Tonight



Do these stretches right before bed to fall asleep faster and sleep better

**What you'll need:** A pillow

**Tip:** With each pose, breathe in and out through your nose for a calming effect on the nervous system.

- Sit on floor with pillow in front of you. Bend left knee, bringing sole of left foot to right inner thigh. Lift butt and extend right leg behind you.
- Staying centered, gently hinge forward from hips, placing head on pillow. Extend arms forward, elbows slightly bent.
- Hold for 8 to 10 breaths. Roll back up. Switch legs; repeat

## **LOST PROPERTY**

We have an abundance of lost property, please check at reception if you have items missing the next time you are in. We will be disposing of all lost property items at the end of January 2012



# TIN CAN BAY

Fit 4 Life Health Clubs is expanding...

We have recently opened another location in Tin Can Bay. Offering the same service, dedication & similar facilities to our clients. The club is open to all our members at Caloundra & we are very excited to Welcome our Tin Can Bay members to Fit 4 Life Health Clubs!

## NEW CLASSES AT TIN CAN BAY



**AQUA AEROBICS**

### **Tin Can Bays Aqua Fit**

**Tuesday 5:00pm & Saturday 9.30am**  
Commences 21<sup>st</sup> January 2012.

### **Tin Can Bays Total Body**

**Friday 9am commences 27<sup>th</sup> Jan 2012**

## TIN CAN BAY'S 8 WK CHALLENGE... COMING SOON



### **PELICAN WATERS GOLF CLUB**

**Friday 3rd February 2012 5pm-7pm**

Come meet the team and your fellow gym members



### PELICAN WATERS BOOTCAMP 2012!

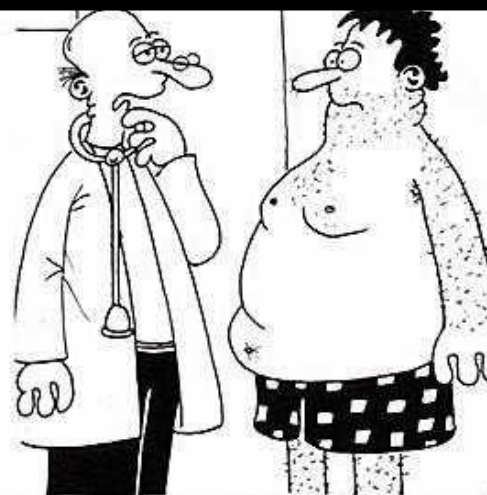
BOOT CAMP IS NOW UNDERWAY!

**Saturdays @ 6am**

**Shelly Beach \$10 per person**

Thanks to all who turned up for our first Boot Camp Jan 7th. A great effort was put in by all.. Come join us for a fun and challenging experience. Great way to make friends too!

Tristan and Freyja



"Well, I wouldn't go as far as to say your body a temple, more of an amusement arcade."

ALL MEMBERS - Please take NOTE

# WIN AN IPAD

REFER FAMILY OR FRIENDS TO FIT 4 LIFE  
& IF THEY JOIN ON A 12 MONTH MEMBERSHIP  
YOU'LL RECEIVE AN ENTRY INTO THE DRAW TO

WIN AN IPAD  
AS WELL AS ANOTHER MONTH ADDED  
TO YOUR MEMBERSHIP.  
DRAWN JANUARY 31ST

Be sure they mention you to ensure your name is added to the draw  
& to obtain your extra month!

\*Pelican Waters Club only



## GROUP CLASSES

JANUARY 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	FIT CIRCUIT	FIT SPIN	FIT BOX		CARDIO BLAST (1 Hour)		
9:30am	YOGA (1HR) <i>Crèche Available</i>	YOGA (1HR) <i>Crèche Available</i>	FIT PUMP <i>Crèche Available</i> AQUA FIT	PILATES <i>Crèche Available</i>	YOGA (1HR) <i>Crèche Available</i>	YOGA (1HR)  AQUA FIT	8:30am CARDIO BLAST(1 hr)
10:30am	FIT CIRCUIT <i>Crèche Available</i>		FIT SPIN <i>Crèche Available</i>	FIT STEP <i>Crèche Available</i>	FIT BOX <i>Crèche Available</i>		
5.00pm	PILATES <i>Crèche Available</i>			4.30pm YOGA (1HR)	4.30pm FIT PUMP		
5:30pm		FIT STEP <i>Crèche Available</i> AQUA ZUMBA	5.45 pm PILATES <i>Crèche Available</i>	FIT BOX			
6.00pm	FIT SPIN <i>Crèche Available</i> ZUMBA		5.45 pm FIT SPIN <i>Crèche Available</i>				
6:30pm		POWER YOGA (1HR) <i>Crèche Available</i>					

**Want a friend or family member to try out the gym?** If you want a friend or family member to come down and try out the gym or group fitness class, just cut out the coupon below.



**BRING ALONG A  
FRIEND!  
FREE GROUP FITNESS  
CLASS**

Pelican Waters: 5437 4602  
Tin Can Bay: 5488 0557

### REMEMBER

for every person you refer to the club and they  
join you

**GET 1 MONTH FREE!!!! AND GO  
INTO THE DRAW TO WIN AN IPAD**

\*Pelican Waters Club only