

NAMBOUR/COOROY NEWSLETTER



Some Benefits of Weight Training

Weight training for women is growing in popularity, we still tend to hear the same old fears that “weight training makes you bulky”. Rest assured that gaining large or ‘bulky’ amounts of muscle mass requires some serious dietary excess, alongside very heavy weight training over an extended period of time. In other words, unless you eat and train with the intention of gaining a lot of muscle mass, this won’t just happen. Weight training will however, allow you to add shape and definition where you want it.

Why Weight training?

Sculpting and toning benefits aside, weight training also supports healthy bone density, improves your posture, kick-starts your metabolism and makes you feel strong and capable of anything. Focusing on increasing strength can be a great motivator. As you up your weight’s week on week, you’ll start to notice that your body is changing.

Where do I start?

If you haven’t used weights before, we highly recommend a strength 30 class and increase to Strength60 classes. It is imperative to support correct form and achieve optimal results for your efforts. Your instructor will guide you with the correct technique. Weights-based fitness classes can also be beneficial for developing both strength and technique.



WELCOME TO OCTOBER’S NEWSLETTER!

Pinktober has arrived! Out Cancer fundraiser will be on **19th October**, cost is \$25.00 and this will include a sweat towel, lucky door ticket and lots of fun dance routines. And for those who want to continue the night we will be going to Down Town Burger Bar!

Another Date to mark in your calendar is our **Christmas party, Saturday 23rd November** from 11.30am onwards. This year we will be at Flaxton Gardens, the cost is \$35.00 with a two-course meal, Lolly Bar and a few guess speakers! Please pay me the money and we will have a payment plan available to those who will need one.

Instructor Krew Teams are starting, to keep you motivated for the next few months instructors will be setting teams some groups challenges, have fun dance hard and be happy!!

As the year ends, we tend to lose motivation, get tired or just busy.
But please find the time for yourself!

**Customers of the Month
for September!!!
Larissa Vatoko
&
Charlene Read
A Big Congratulations to these
Wonderful Achievers!!!**

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What is Breast Cancer?

Breast cancer is the most common cancer in women in Australia (apart from non-melanoma skin cancer) and the second most common cancer to cause death in women, after lung cancer.

Breast cancer is the abnormal growth of the cells lining the breast lobules or ducts. These cells grow uncontrollably and have the potential to spread to other parts of the body. Both men and women can develop breast cancer, although it is uncommon in men.

In Australia, the overall five-year survival rate for breast cancer in females is 90%. If the cancer is limited to the breast, 96% of patients will be alive five years after diagnosis; this figure excludes those who die from other diseases. If the cancer has spread to the regional lymph nodes, five-year relative survival drops to 80%.

In 2015, 16,852 women and 145 men were diagnosed with breast cancer in Australia. The risk of being diagnosed with breast cancer by age 85 is 1 in 8 for women and 1 in 651 for men. In 2016, 2976 women and 28 men died of breast cancer in Australia. The five-year survival rate is 91%.

Causes of breast cancer

Some factors that increase your risk of breast cancer include:

- increasing age
- family history
- inheritance of mutations in the genes BRCA2, BRCA1 and CHEK2
- exposure to female hormones (natural and administered)
- a previous breast cancer diagnosis
- a past history of certain non-cancerous breast conditions

Lifestyle factors that can also slightly increase the risk of breast cancer in men and women include:

- being overweight
- not enough physical activity
- drinking alcohol

Don't forget to join our October Fundraiser for the Cindy McKenzie Foundation.

OUR FAVOURITE SNAPS FROM LAST MONTH:



DON'T FORGET TO TAG US (@JAZZERCISENAMBOR) IN YOUR JAZZY SELFIES-WE LOVE SEEING YOUR SMILES IN CLASS!

**"SORE TODAY,
STRONG TOMORROW!"**



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