

NAMBOUR/COOROY NEWSLETTER

March 2019



Stress Less On A Daily Basis

'STRESSED' whether it's a never-ending to-do list, work worries or more personal concerns, do you rarely find yourself in a state of full relaxation.

The first step to overcoming a problem is admitting you have one *raises hand*. This day and age, particularly with social media and technology playing prevalent roles in society, feeling overwhelmed and living with a racing mind has become the norm for a lot of us.

Short of throwing in the towel and running away from all my troubles on a holiday (wouldn't that be nice!) Here are some simple ways to stress less in recent times. Frequent workouts at with friends are great. Nothing beats a solid Strike class, and weekly cardio classes and weights Classes (Strength30, 45 or 60) are also a bonus.

Stress is an increasingly prominent issue for women. Why are we so stressed? As a society we are always on the go. We are a generation where we get everything instantly and that flows on into our mindset. Fast paced, quick thinking and constantly being on high alert all impact our stress hormone, cortisol."

How can exercise help us stress less? "Exercise can definitely be used as an outlet to relieve stress. This may be done mentally by having a clearer mind, or physically by increasing your endorphin levels, reducing tension, improving sleep and improving self-esteem."

Is all exercise equal or are some forms better than others for reducing stress? "No form is better or worse than the other, it really just depends on the person. Yoga may suit some people more than say running. Everyone deals differently with stress and different things clear people's minds."

Exercise because you want to, not because you have to. So find something you love doing!

Welcome to March Newsletter!

Firstly, I big congratulations to everyone who completed the challenge you guys did an awesome job!

This month we have our second Nutritional talk on Gut Health, along with some Exclusive Lorna Jane Shopping! This event will start at 4.00pm.

Friday the 29th we will have our Glow Class starting at 6.30pm, this is going to be a fun night with some great Dance Mixx songs!

Finally don't forget about the competition tell us why you "Love Your Workout" in 25 words or less!

Have a great month of March!!!

***Customers of the Month
for February***

Megan Pratts

&

Kim Jordan

***A Big Congratulations to these
Wonderful Achievers!!!***

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Weights Check List!

Weights are a great piece of exercise equipment that can make a really difference to workout!

Do your arms feel sore, and shake within the first two reps of a strength routine? Or do you struggle to control the weights without swinging them?

Maybe you need to check your weights, are they TOO heavy just yet? OR at the end of the strength session do you feel like "that workout didn't do much for me"? Maybe you need to check your weights, maybe they are not heavy enough, it's time to go up by half a kilogram.

For a beginner exercise, the recommended start level is 2kg. As the weights begin to feel "lighter" throughout a workout it's time to increase the weights by half a kilogram.

The benefits of weights and a resistance bands are awesome, so I highly recommend you challenge yourself to have the best workout!

Customer Profile!

I would like to introduce the wonderful customer: Sanet Roos

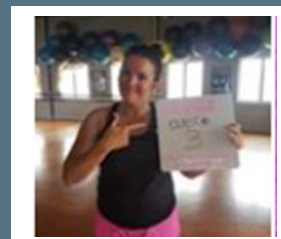
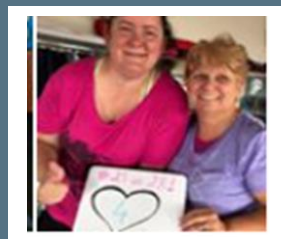
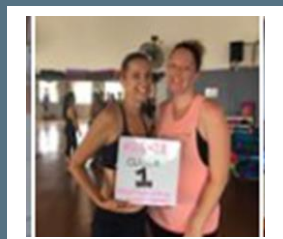
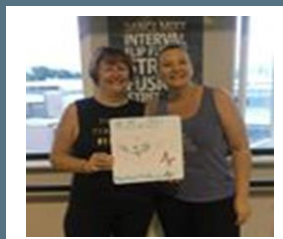
How long have you been Jazzin for? I have been coming Jazzercise since the 1st October 2018.

What have you achieved coming to Jazz? I have lost 6kg, toning heaps and building muscle. I can look at myself in the mirror. I'm feeling much healthier and positive about life. It's my happy place.

What is the best thing about Jazzercise Nambour? Jazzercise Nambour is the best. Everyone is so supportive, and all that positive energy.

Love all the instructors.

OUR FAVOURITE SNAPS FROM LAST MONTH:



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

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

