

# NAMBOUR/COOROY NEWSLETTER

February 2020



## DID YOU KNOW!

Adults who do not perform regular resistance exercise lose muscle mass at a rapid rate. Muscle loss is associated with a variety of serious health issues, including bone loss, low back pain, diabetes, metabolic syndrome, heart disease and all-cause mortality. However, one of the most direct results of less muscle tissue is a lower resting energy expenditure. Because resting metabolic rate is responsible for approximately 70% of the calories burned each day by inactive individuals, A decrease in resting energy expenditure is associated with an increase in body fat.



## Welcome to February!

Wow! Can you believe it's already Feb?

As always: the end of January marks the beginning of Feb challenge. If you have already signed up let's get stuck into it, if not, don't fret! there is still plenty of time to sign up and get in your classes, plus as a reward you get to pop an awesome single! Not only is this challenge about you and your personal goals, but it is also about raising awareness for heart health and I think we can all agree heart health should be a priority in our lives. So, this month tick your challenge card with pride and why not share the heart health message by inviting your friends and fam to class and encourage them to take part in a class or two ... or three!

**HAVE A GREAT MONTH!**

## Fitness Quote of the Month!

**PUSH HARDER  
THAN  
YESTERDAY  
IF YOU WANT  
A DIFFERENT  
TOMORROW**

FABLETICS



# JAZZERCISE®



## Recipe of the Month

### HOW TO MAKE CHIA PUDDING



#### CHIA PUDDING

- 1 1/2 cups *dairy-free milk* (we used DIY coconut – use creamier milks for creamier, thicker pudding, such as full fat coconut and cashew)
- 1/2 cup *chia seeds*
- 1–2 Tbsp maple syrup (more or less to taste)
- 1 tsp vanilla extract

NB: you can add many fillers for example: diced apple, sultanas, dried cranberries, pumpkin seeds etc.

#### FOR SERVING optional

- Compote
- Mint
- Fresh Fruit
- Instructions

1. To a mixing bowl add dairy free milk, chia seeds, maple syrup (to taste), and vanilla. Whisk to combine.
2. Cover and refrigerate overnight (or at least 6 hours). The chia pudding should be thick and creamy. If not, add more chia seeds, stir, and refrigerate for another hour or so.
3. Enjoy as is, or layer with compote or fresh fruit! Will keep covered in the refrigerator up to 5 days.

## Lauren Instructor BLOG!

### Why Movement is so important!

The importance of healthy muscle and quality movement cannot be overstated. Healthy muscle keeps us standing upright, drives human movement, and primes metabolic function. Movement is not just how we interact with the world; movement lubricates the body and preserves muscle quality. Movement is standing up from a seated position, walking your dog, or picking up your grandchild. There is no barrier to entry for increasing movement or physical activity.

Muscle and movement are vitally important to function, health, and quality of life. Research has proven that sarcopenia, age-related muscle wasting, is responsible for a 3-8 percent muscle mass loss every decade after the age of 30, and the effects of aging are compounded by lifestyle and neglect. We have become a culture of non-movers. As few as two weeks of complete physical inactivity can have the same effect on muscle loss as a decade of aging. So, is getting older the issue, or do we lack an understanding of how important muscle and movement truly are?

Muscle plays many critical roles in overall health. It regulates body temperature and fluid flow, and it is vital to metabolic efficiency. It is the metabolic powerhouse of the body, Strong muscles increase spontaneous activity levels, decrease our reliance on others, and enable us to live longer, healthier, higher-quality lives. It is SO important to build and maintain high quality muscle.

Healthy muscle drives human movement, and movement keeps us strong. The goal should be to advocate for all movement.

### Customers of Month for Jan!

Therese Appleby and Robyn Town

31 classes well done ladies

Cooroy Customer of the Month—Julie Oxenborough

### Birthdays in February!

Anita Burgess Feb 3<sup>rd</sup> – Christine Ferguson Feb 6<sup>th</sup> – Megan Pratt Feb 8<sup>th</sup> –  
Tiffany Ellacott & Alana Greed-Power 15<sup>th</sup> – Jess Wynn Feb 16<sup>th</sup> –  
Rosemary Halloran & Jenn Kerwin Feb 18<sup>th</sup> –  
Linda Williams Feb 19<sup>th</sup> – Julie Allen Feb 20<sup>th</sup> – Linda Allan & Amy Duckett  
Feb 24<sup>th</sup> – Nina Taylor Feb 26<sup>th</sup> – Kym Fey & Sandi Willitt Feb 28<sup>th</sup>

## OUR FAVOURITE SNAPS FROM LAST MONTH:



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





### *Tips to achieve your fitness in 2020!*

Setting yourself a vision for the new year can be a motivating way to kick a bad habit goodbye, or welcome a new positive change into your life. Most people often have the best of intentions when it comes to making a change, such as "I want to get fitter this year" or "I want to eat better and healthier".

These are both great visions to start a healthier lifestyle in the new year, and while they are usually filled with good intentions, sometimes people start their new routine a little too zealously. And often, this is where many of us go wrong.

**Slow and steady:** Staying committed to your vision, especially at the start of the year in the peak of summer can be really tough. Often, we hit the ground running on January 1, only to revert back to our previous behavior by the end of the month. This is not something to feel down or deflated by; you should feel proud of yourself for at least giving it a go. When working towards a lifestyle change, such as improving your fitness, it takes practice, perseverance and sometimes a few bumps in the road before you get to where you're heading. It also helps if you take it slow and steady, rather than overhauling your entire lifestyle in one go.

**One step at a time:** When it comes to making a positive and permanent change in your life, start by making small changes. If your goal is to improve your fitness, make a plan to hit the studio or gym a few times. It's important that you do exercises that you enjoy, and that you don't push yourself beyond your limits.

**Remember to celebrate** Rather than setting a goal that demands 'success' in a restrictive timeframe, consider setting a series of mini goals that will help you to make a lifestyle shift. These might be weekly or monthly milestones that support you to work towards your main goal, and help you to adapt your behavior slowly. Each time you complete a mini goal, celebrate your achievement and how far you've come. One of the most important things to remember is to not beat yourself up if you go off track. We can all experience those tough days or weeks, but don't let the challenges derail your journey. ***You've got this.***

## How to get more from your membership!

**1. Stay classy:** Trying a new class has multiple benefits, from alleviating boredom to warding off plateauing results by challenging your body to master new moves.

**2. Find your flow:** Sometimes lowering the intensity is just as beneficial as a high impact, fat-torching workout.

**3. Become a groupie:** Yes, you can! Motivation can be hard work on your own, but being surrounded by likeminded people with similar health goals can put the fun into physical.

**4. Short and sweet:** If "go hard or go home" is your mantra, we've got you covered with classes that are 30, 45, & 60mins, to get you in and out in a jiffy.

**6. Be wise AND personalize:** Want results? Get strategic and enlist the help of experts who can guide and support you along the way.

**7. Connect with a support crew:** Broadly speaking, humans need connection.

**8. Therapy:** Tap into the powerful connection between emotion, music and exercise.

**9. Have FUN FUN FUN!!!!!!!!!!!!**

## Jazzercise Sunshine Coast Fitness

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