

Winter Warmth at Monash Sport

Fitness Centre Member Newsletter
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Caulfield – 9903 2358
Clayton – 9905 4103
Peninsula – 9904 4496

Welcome!

Welcome to the inaugural Fitness Centre Member Newsletter at Monash Sport.

This newsletter is being published quarterly and sent to members. It aims to provide you with the latest information on news, fitness tips, events and other interesting updates on what is happening in the world of fitness at Monash.

There are plenty of things to keep you warm this winter at Monash Sport, so don't miss out! We value your feedback, so please let us know if there is something that we can do to improve this newsletter and our services to you.

Healthy Eating And Training (HEAT) Program

Monash Sport would like to present a new program designed specifically to improve your health and wellbeing through a structured nutrition and exercise program. The 12 week one on one program will help you stay on track, and keep motivated with all the information you need to reach your goals.

Jaswin Bal, Training Coordinator, Occupational Health and Safety at Monash University is a participant of the program and says...

"With two children I often find it difficult to fit in daily exercise but the HEAT program allows me to do exercise at lunchtime with my personal trainer Nick.

"I'm also encouraged to use a food diary which motivates me to make better food choices and helps keep my weight on track. I can already feel an improvement in my energy levels!"

For further information please visit:
<http://www.sport.monash.edu.au/fitness/heat.html>



Le Tour de Monash

Do you love cycling and the Tour De France? Well you will enjoy our interactive version when we present Le Tour de Monash.

Over five exciting Group Cycle sessions we present an audiovisual class following the riders as they make their way to the Champs-Elysees.

Starting on Wednesday's from 1 July, at Caulfield and Peninsula.

Starting on Tuesday's from 30 June and Thursday's from 2 July at Clayton.

For further information please contact a Monash Sport Customer Service Officer.



Fit Camp

**Struggling for motivation? Finding it hard to reach those goals?
Needing a new challenge? Then Fit Camp is for you!**

Maria Forsyth a previous participant of Fit Camp tells us the benefits she has received from the training undertaken...

"I am forever looking to improve my fitness and found that the challenging but fun sessions, encouraging Fit Camp leaders and support from training companions had me doing things I previously thought impossible.

My fitness levels increased dramatically from pre to post testing and I couldn't have managed this without completing Fit Camp."

Available at Caulfield, Clayton and Peninsula campus, sessions go for one hour, twice per week. The program runs for six weeks (12 sessions).

For further information please visit:

<http://www.sport.monash.edu/fitness/fit-camp.html>



Food for thought

For those that love great tasting food that is healthy and nutritious why not try one of our fabulous recipes provided by our nutrition consultant Marcia Larose. This quarter we are cooking up a delicious Hawaiian Beef which not only tastes great but is healthy for you too.

Ingredients

350g beef	1 tablespoon of molasses or brown sugar
1 can of pineapple slices	1 tablespoon cornstarch
2 tablespoons of water	5 green onions cut into 1cm pieces
1 tablespoon soy sauce	170g package frozen pea pods thawed
1/8 tablespoon crushed red pepper	2 cups hot cooked rice

Directions

Trim fat from around steak. Cut into thin bite size strips. Drain pineapple juice, reserving juice and cut slices into quarters; set aside.

In a bowl stir together pineapple juice, water, soy sauce, molasses or brown sugar and red pepper. Add meat, stir and marinate for 15 minutes. Drain marinade putting to one side for use later.

Using non stick frypan/wok add half of the meat and cook for 2-3 minutes or until browned. Remove meat. Stir-fry remaining meat and onions for 2-3 minutes or until meat is browned. Return all meat to fry pan/wok.

For the sauce, stir cornstarch into reserved marinade. Add the sauce to centre of frying pan, cooking until thickened and bubbly. Add tomato, pea pods and pineapple. Stir ingredients together. Cook until heated through. Serve over hot cooked rice.

Time

Preparation: 15 minutes
Marinating: 15 minutes
Cooking: 7 minutes

Nutrition Information

23g protein, 47g carbohydrate and 6g fat
57mg cholesterol, 296mg sodium and
47mg potassium



Member Seminars

As part of our continued effort to improve member service Monash Sport is providing seminars on different health and fitness related topics.

The next seminar will cover managing stress and relaxation techniques. This will provide you guidance to help you work through stressful situations.

For full details and future seminar information please visit <http://sport.monash.edu.au/fitness/member-seminars.html>



Training Talk

Looking for a workout that will challenge you? Why not try these cardio and resistance training challenges as prescribed by Clayton Fit Camp leaders Nick Duggan and Mark Doyle.

Option 1 – Pyramid training

Using a bike, cross trainer or rower this program will involve you completing an intense period of training followed by a rest period of training. Choose a challenging level of resistance and begin with 15 seconds at a fast pace/speed, decrease speed for the next 15 seconds before increasing again for the following 30 seconds. Continue in this manner until you reach 60 seconds. From this point you begin the trip down the other side of the pyramid returning to your original 15 second intervals. Total training time is 10 minutes.

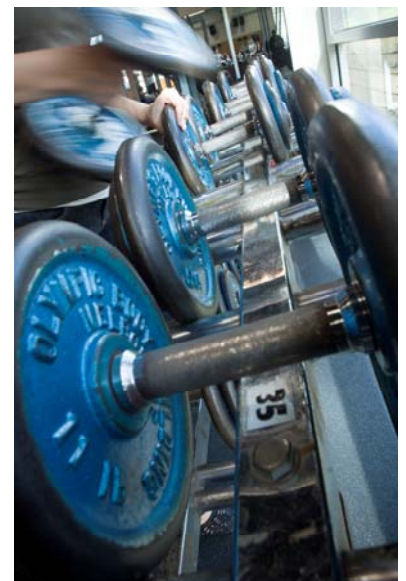
Interval	15 sec	30 sec	45 sec	60 sec	60 sec	45 sec	30 sec	15 sec
Recovery	15 sec	30 sec	45 sec	60 sec	60 sec	45 sec	30 sec	15 sec
Progress time	30 secs	1:30mins	3 mins	5 mins	7 mins	8:30mins	9:30mins	10 mins

Option 2 - Resistance Training, Snake Bite

Equipment required – Pull up bar 60cm off floor (smith machine will do nicely)

This challenge will involve you completing a set of pull ups and immediately following complete a set of push ups and continue in this fashion with no rest until finished. This process continues decreasing pull ups and push ups each set until you are left with only 2 pull ups and 4 push ups. To increase intensity increase starting number by 2 pull ups and 4 push ups.

Pull ups	10	8	6	4	2
Push ups	20	16	12	8	4



Group Fitness - Bring a friend & Masters Classes (Caulfield and Clayton campus)

As part of Member month we are allowing all members with Group Fitness access to bring a friend along to all classes that run between 25-31 May.

During this period we will also run a series of Masters Classes which will launch the new choreography for each Les Mills class style. For a full list of classes please visit: <http://sport.monash.edu.au/fitness/schedule-clayton.html>

<http://sport.monash.edu.au/fitness/schedule-caulfield.html>



Les Mills Launch (Peninsula campus)

On Wednesday 3 June, there will be a two hour launch of Les Mills programs at Peninsula campus. Come and join in the fun and festivities on the day! For further information contact the Monash Sport Service Desk at Peninsula.

Cardio Box (Caulfield campus)

Cardio Box is an exciting group training program that will take you on a health, fitness and wellbeing enhancement journey.

Participants are paired together for exercise assistance, motivation and support.

The program runs for six weeks and includes two 60 minute sessions per week. For further details please visit: <http://sport.monash.edu.au/fitness/cardio-box.html>



Gift vouchers are now available at Monash Sport!

Give your friend, family member or colleague a healthy start with a Monash Sport gift voucher. Gift vouchers can be purchased for personal training, memberships, 10 hour court hire passes, multiple session passes for gym/group fitness plus more!

For further information please contact a Monash Sport Customer Service Officer.

60 seconds with...

Kate Price



Position: Customer Service Officer
Campus: Caulfield
Favourite sport: Most types of motor sports especially rallying and circuit racing
Favourite Sportsperson: Cadel Evans & Greg Murphy
Favourite Food: Nonna's lasagne
Favourite Movie: Kicking and Screaming
Footy Team: North Melbourne
3 Things I would take to a desert island: Boyfriend, puppy and chocolate

Trent Crocket



Position: Fitness Services Officer
Campus: Peninsula
Favourite sport: Anaconda Adventure Races
Favourite Sportsperson: Kris McCarthy
Favourite Food: Subway
Favourite Movie: The Cabin Movie, Diamond Dogs & The Promotion
Footy Team: Geelong
3 Things I would take to a desert island: Bench Press, Seated Row, heaps of protein bars so I'm massive when I get rescued

Nick Duggan



Position: Fitness Services Coordinator
Campus: Clayton
Favourite sport: AFL
Favourite Sportsperson: Scott West
Favourite Food: Any home cooked meal
Favourite Movie: The Fastest Indian
Footy Team: Western Bulldogs
3 Things I would take to a desert island: Food, Tent & Foxtel