

NEWSLETTER



April 29/04/2020

Welcome back to some normality



We hope that all those going back to work are safe and everyone is responsible.

VPT Health Club cannot open until we get to level 2.

We really hope people stay safe and be responsible during these times. If we have to go back into lockdown it will be absolutely devastating for small local businesses. We love how you guys are supporting the community and all the people around you and I'm sure it will make us more tight knit than ever when this is all over.

In the meantime stay safe, stay active and keep zooming with us

What's new

Classes

ZOOM Has upgraded their software and if you don't have it upgraded by 1st May you may not be able to join classes. This is only applicable if you have downloaded it on your computer or tablet. It may automatically update.

With a few of you going back to work we are thinking of adding 2 x 7am classes to the mix.

This Sunday we will be doing a facebook live Pilates class 10am 3rd May

Zoom Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am						
6am						
7am	Circuit 155495866	30minute blaster 687779497	Box Fit 9538347620	Circuit 155495866	30minute blaster 687779497	
9:30am		Bums and tums 817637519			Bums and tums 817637519	Pound 9405838702
10am			Pilates 559122902	Vinyasa Yoga 291246714		
11am	Q&As 372997981		Q&As 372997981			
4pm		Restorative Yoga 242226394			Box Fit 9451925388	
5pm						
6pm	Body Balance 544101292	Circuit 163484006	Stretching 207257105	Circuit 163484006	Stretching Facebook live	

Ongoing support

We are here for you whenever you need us. Either email us info@vpthealthclub.com or message us via facebook.

Fun Facts about exercise

- **Exercise prevents aging**
 If you exercise three times a week for 45 minutes, you can prevent signs of aging. It slows the aging of the body cells. The telomeres which are the caps at the end of the chromosomes that control aging. The telomeres become shorter the older you get.
- **A pound of muscle burns three times calories than a pound of fat**
 Having more muscles than fat can mean that you can consume more calories and be in a homeostasis state, as muscles still burn calories, but fat does not.
- **Improves immune system**
 Physical activity may help flush bacteria out of the lungs and airways. This may reduce your chance of getting a cold, flu, or other illness. Exercise causes change in antibodies and white blood cells (WBC). WBCs are the body's immune system cells that fight disease.
- **Exercise is a feel good exercise**
 Exercise releases endorphins, which seriously boost your mood and help relieve headaches, menstrual cramps and back pain.
- **The largest muscle in your body is...**
 Your booty! Well, the gluteus maximus muscle, to be more exact. Good thing we have a ton of great glute-shaping workouts to put it to excellent use.
 Interestingly, it may not be the 'strongest' muscle though — did you know that your calf muscles actually produce the most force, while your jaw muscle exerts the most pressure?
- **When you lose weight, fat leaves your body via your....**
 Breath! Crazy, huh? Though we like to say that 'sweat is your fat crying' it seems that fat is actually released as carbon dioxide when we exhale. Now before you start hyperventilating to try to slim down faster, it's important to note that you can't just shed fat by breathing it out — you still have to create the caloric deficit that leads to fat loss in order to exhale it away.

Oh, and some of that "sweat is your fat crying" expression holds a bit of truth — the remainder of the fat not turned into carbon dioxide is released through bodily fluids like sweat, urine, tears, etc.
- **What is even better than specific 'brain training' exercises?**
 Physical activity! Science shows that aerobic exercise may do more to help bolster thinking than thinking itself. Regular exercise stimulates neurogenesis (or the creation of new neurons) in the brain, so much like the rest of your muscles that physical activity can help 'bulk up' your brain cells, too. Regular exercise becomes increasingly crucial as we age and begin to experience the cognitive decline related to under-use and aging

Member of the week

Richard

Richard

MEMBER OF
THE WEEK



Richard has showed great progress in Pilates and has been a regular. He has constantly kept active by walking around Omokoroa



Richard has had a bit of a shoulder injury and didn't use it as an excuse not to exercise.

Simona said he always does so well in the classes and can see his progress. Keep it up Richard.

Workout of the week

Every superset exercises you complete for 30 sec for 4 sets, no rest between exercises but 1 minute rest between supersets. 2 rounds of whole workout, ENJOY!

Body weight squats
Jumping lunges

Quarter burpee
Visit crunches

Press ups
Tuck jumps

Ab Side kick outs
Calf raises

Joke of the week

I just watched a documentary about beavers. It was the best dam show I ever saw!

Banana Pancakes

Nutritional Information (using Greek yoghurt w/o Protein powder)

Calories – 455

Protein – 17g, Fat – 11g,

Carbohydrates – 72g

- 1 medium ripe banana
- 4 tbsp gluten free flour (Any flour you like)
- 2 eggs
- 1 tsp cinnamon
- 1 tsp baking soda
- Optional protein powder (1 scoop)

METHOD

Mash banana in a bowl, add whisked eggs.

Add dry ingredients. Cook as you would for normal

pancakes & serve with fresh berries (1/2 cup) + yoghurt (1 tbsp) (Preferably Greek or Coconut)



Lets learn

Front Lunge Step-by-Step Guide

1. Stand tall with feet hip-width apart. Engage your core.
2. Take a big step forward with your right leg. Start to shift your weight forward so the heel hits the floor first.
3. Lower your body until the right thigh is parallel to the floor and the right shin is vertical. It's OK if the knee shifts forward a little as long as it doesn't go past the right toe. If mobility allows, lightly tap the left knee to the floor while keeping weight in the right heel.
4. Press into the right heel to drive back up to starting position.
5. Repeat on the other side.

Critique Technique

1. Make sure your hips are tucked under/forward.
2. Make sure your chest is up and not dropping towards your leg.
3. When going down into a lunge, drop from your back knee not your front knee.
4. When pushing up, push through your front heel.

Main Muscles used

1. Quadriceps
2. Gluteus Maximus
3. Hamstrings
4. Calf muscles

Synergist Muscles Used (Helping/Stabilizer Muscles)

1. Abdominals
2. Back muscles



ZOOM recordings this week

Topic: 9am Circuit Thursday

https://zoom.us/rec/share/y8Bcdoj85GBJXZX1yH7wVrEmJq3leaa8gykc_cPmhzyIft7ruhE6qtE334jUsp

Topic: 10am Yoga Thursday

<https://zoom.us/rec/share/xot8EbL9qm1IYInX9UP1BawZlqbFX6a8gyUf-fMMxBmmJWNcHPjP37UbH5TQ6JQX>

Topic: 30 minute blaster Friday

<https://zoom.us/rec/share/we1sEYDS50ILXqvCzH7eZZFmRajoT6a81XNM-KEFz0sV7gfkHeiUEBkPo5aQOJQc>

Topic: Bums & Tums Friday

<https://zoom.us/rec/share/weN1COyzz29JTNbN8F72WK4RL924eaa8hyEd-aJcnUzk9rTBHBOMESAvVOWeDo2e>

Topic: BoxFit Friday

https://zoom.us/rec/share/4sBEdJ7yx0ZLRJ321Hjmf085NMe4T6a81SJM_MOzxvfK5gUcKRXYSMVxzwRXRz2

Topic: 9am Circuit Monday

https://us02web.zoom.us/rec/share/xsZONfK3rTJLWdbI4hvdBrQKPYjPT6a81SEX_AlzEtKLS9IX-uz_ayRfdKWK6Qr

Topic: Body Balance Monday

https://us02web.zoom.us/rec/share/4Zcyfu_q52pOZpXlzlOOSJAaXableaa82iUfqKAJyUkSuG8xRZHjmqdSaReFv27f

Topic: 30 Minute Blaster Tuesday

https://us02web.zoom.us/rec/share/_9FIdpDc6TxIYJ2U7BzzBpYNGKfAeaa81SBN_KUIlyxpWshjL-9wzHc165Cr5qzFW

Topic: Bums and Tums Tuesday

https://us02web.zoom.us/rec/share/u9ZSM5bh7T5OQK_U0mXVfl1xP4a5T6a8hHdN-clYBrfabtKbEBTpdHjKq2PSyk

Topic: 4pm Yoga Tuesday

https://us02web.zoom.us/rec/share/z95xIKzTYw5IH9LPxiP0BpEAQ7_6aaa8gSgf_Nfyh1dRWOMRlarP8S_BprLpxMy

Topic: 9am BoxFit Wednesday

https://us02web.zoom.us/rec/share/osIYLLDozVhblF062uHfLQhIZ3laaa8gydL_qEOnkroPfq-0qZpfpRVjRatVhEH

Topic: 10am Pilates Wednesday

<https://us02web.zoom.us/rec/share/6spOL5zfqk1LXKPIuEjnCoU5FZm-T6a81CYd86ZYnRstbolYp3RUZqwV2CMXwkGu>

Have a great Week team and look forward to hearing all your exercise stories

The VPT Health Club team