

May 06/05/2020

## What's our plan for level 2



### **We can't wait to open**

Exercise NZ is going to meet with the government tomorrow at 1040am to discuss our and what our constraints are. We will have more information next newsletter and if we hear anything we will email you asap.

Monday we await the news from the Jacinda to see if we are going to level 2

We are planning ahead to be ready for you guys to come back in the safest way and start to lift weights again. Perfect time for these cold days to get inside and train.

# What's new

## Classes

ZOOM classes will be continuing even when we open as an extra service for the VPT team.

**2 x 7am classes have been added to the mix**

**Tuesday 7am: BoxFit/Core**

**Thursday 7am: Body Balance**

**This Sunday we will be doing a facebook live MOTHERS DAY Bums and Tums**

**Zoom Class Timetable**



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am						
6am						
7am	Circuit 155495866	30minute blaster 68779497	Box Fit 9538347620	Circuit 155495866	30minute blaster 68779497	
9:30am		Bums and tums 817637519			Bums and tums 817637519	Pound 9405838702
10am			Pilates 55922902	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 20725705	Circuit 163484006	Stretching Facebook live	

## Ongoing support

We are here for you whenever you need us. Either email us [info@vpthhealthclub.com](mailto:info@vpthhealthclub.com) or message us via facebook.

## How MyFitnessPal Helps with Your Goals...

MyFitnessPal is an app that you can download on your smartphone through your App Store (Apple iPhone/iPad) or Google Play (Android).

This app helps you be able to track what foods you eat daily, by logging them into the app.

MyFitnessPal allows you to be able to calculate your calories, carbohydrates, fats, sugars and vitamins to see if you are hitting your macronutrient and micronutrient target.

It is also beneficial when you are doing personal training sessions, so it is easy enough to show your trainer your recent nutrition.

MyFitnessPal is free unless you want to look at your macronutrients and costs \$9.99/month or \$49.99/year.

MyFitnessPal is an app that can be used to set realistic nutrition goals alongside your fitness goals. You can connect with friends through this app to keep each other accountable. If you are afraid of your friend seeing your weight don't worry, the MyFitnessPal app only shows your friends your News Feed updates and how much you have lost, it does not show your current weight, only on your own profile



## Ways to keep your kids active

### Facts...

It is important for your kids to stay active for healthy growth and development of their bodies, building strong muscles and bones, improving balance and developing skills and developing flexibility. This is because people reach their peak bone mass by their late teens and it is so important to have strong bones for the future. Lastly it is crucial to get your kids active as type 2 diabetes is becoming more and more common in children.



### Ways to keep them active...

1. Be a role model for your children.
2. Provide active toys i.e. a bike instead of an iPad.
3. Encourage P.E and sports throughout primary and high school.
4. While you go for an afternoon walk, take your children on the bike next to you or walk with them to the playground.
5. Find fun activities if you don't want to call it fitness.
6. Walk or bike to and from school instead of taking the car or bus.



# Member of the week

## Renee



**Renee**

**MEMBER OF  
THE WEEK**

**Renee has improved so much  
in body balance and her core  
strength has improved so  
much.**



**Renee's commitment to improve her  
strength is awesome.**

**In particular in body balance she  
tried a single leg squat from a lunge  
position and did not stop trying.  
The VPT team was super impressed.**

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# Workout of the week

**Main set:**

**2 rounds, 30 sec on, 10 sec off, 4 sets of each superset**

1. Squat jumps
  2. Push ups
- 
1. Back lunges
  2. Burpees
- 
1. Star jumps
  2. Glute hip raises
- 
1. Bicycle crunches
  2. Scissor kicks
- 
1. High knees
  2. Slow mountain climbers

# Joke of the week

You know what the loudest pet you can get is? A trumpet.

## 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)



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# Lets learn

## **Glute raise**

The glute raise is a great exercise that can be varied depending on your fitness abilities and the level at which you are training at making it a good exercise to use with the overload training principle.

To do a standard glute raise you want to lie flat on your back on the ground and bend your legs up. Then proceed to breathe in and engage your abs as you raise your hips up until your back is a straight line from your neck to your knees, any further is hyperextension and will be putting unnecessary strain on your back which increases the chance of hurting yourself. From this position breathe out and lower back down into the starting position.

The glute raise agonist (main) muscle targeted during this exercise is the glutes in the upper posterior of the thighs. With the synergist (helping) muscle involved in a glute raise being your hamstrings. Another helper in the glute raise for stability and a brace is your abdominal muscles.

## **Variations**

The next level up from your standard glute raise is legs raised. To raise your legs you can put your legs from a step height upto a bench depending on how much harder you would like the exercise as it increases the range of motion needed to complete it.

Then there is the single leg glute raise which is your normal glute raise except you keep one leg in the air the full time while one remains planted on the ground doing the exercise. This variation allows you to focus solely on each leg and it also increases the body weight load per leg making it more difficult

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One more great variation is with your shoulders placed on the bench and your feet placed on the ground making a 90 degree angle at your knees. Then lowering down and raising backup to starting position. This one is a great variation as it is very easy to increase the load of weight by lying a barbell across your hips while doing it or holding on to a medicine ball etc.

Overall the glute raise/glute bridge is an amazing exercise for strengthening your glutes and hamstrings with so many different possibilities to mix it into your daily workout without it feeling reptivite and tedious.



## ZOOM recordings this week

- V[ ] [\[Recording 1\]](#)
- V[ ] [\[Recording 2\]](#)
- V[ ] [\[Recording 3\]](#)
- V[ ] [\[Recording 4\]](#)
- V[ ] [\[Recording 5\]](#)
- V[ ] [\[Recording 6\]](#)
- V[ ] [\[Recording 7\]](#)
- V[ ] [\[Recording 8\]](#)
- V[ ] [\[Recording 9\]](#)
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- V[ ] [\[Recording 16\]](#)
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- V[ ] [\[Recording 18\]](#)
- V[ ] [\[Recording 19\]](#)
- V[ ] [\[Recording 20\]](#)

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

The VPT Health Club team