



# Denmark Recreation Centre

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## THE HEALTHY TIMES

### NOVEMBER 2017

Hello,

WOW, welcome to the last edition of the Healthy Times for 2017! Where did that year go? Staff at the centre hope that you have achieved your health & fitness goals this year, if not keep working at it. It's never an easy task but just keep reminding yourself how good you feel at the end of a gym session or end of a fitness class. Health & fitness is a "lifestyle" choice and only you can make it happen (with a little bit of help from us!). Being fit & healthy doesn't mean you have to fit into size 10 jeans or tops! With Christmas not too far away now is a great time to start thinking about what healthy choices you can make over the festive season to avoid adding on those extra kilos.

**Now that we have "Out of hours gym access" there really is no excuse not to keep active over our closure period!**

**The Recreation Centre will be closed from  
4.00pm Friday 22/12/17 – Monday 1/1/18**

**Re-opening 7.30am Tuesday 2/1/18**



## CURRENT FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.00 - 7.30am	Early morning training session		Early morning training session		Early morning training session
6.30am - 7.00am					<u>1/2 hour class</u> <b>TABATA</b>
8.00 - 9.00am			LLLS		
9.00 - 10.00am	<b>THUMP</b>	<b>RIPPED</b>	<u>POWER STEP</u>	<b>FITBALL</b>	<b>#IIT</b>
10.00 - 11.00am	LLLS	LLLS		LLLS	LLLS
10.30 - 11.30am			<b>BODY STRETCH</b>		<b>Pilates</b>
11.30am - 12.30pm				<b>BODY MOVES</b>	
	Gym Attendant in gym 4.00—7.00pm		Gym Attendant in gym 4.00—7.00pm		Gym Attendant in gym 3.00—5.00pm

## EXERCISE SPOTLIGHT



Who doesn't love a burpee??  
How many variations do you know??

## ***DID YOU KNOW***

- It takes 70 muscles to speak a single word.
- People who are physically inactive can lose as much as 3% to 5% of their muscle mass per decade after age 30.
- It can take about 200,000 frowns to make a permanent wrinkle.
- Eating spicy foods an hour or two before you workout has been shown to increase your metabolism.
- People in Sweden refer to interval training as fartlek, which means "speed play."
- On average, every minute you walk extends your life by one and a half to two minutes.
- Your heart beats approximately 100,000 times per day. That means that in just 10 days, your heart beats one million times.
- Your Brain is 2% of your body weight, yet uses 20% of the oxygen.
- On average, you breathe 700 gallons of air per hour.
- A normal sized heart weighs about the same amount as a softball.

<http://www.fitnessexchange.com/blog/fun-fitness-trivia-that-may-surprise-you/>

## ***Just for laughs 😊***

A man calls a company and orders their 5-day, 10 lb. weight loss program. The next day, there's a knock on the door and there stands before him a voluptuous, athletic babe dressed in nothing but a pair of Nike running shoes and a sign around her neck. She introduces herself as a representative of the weight loss company. The sign reads, "If you can catch me, I'm yours." Without a second thought, he takes off after her. A few miles later huffing and puffing, he finally gives up. The same girl shows up for the next four days and the same thing happens. On the fifth day, he weighs himself and is delighted to find he has lost 10 lbs. as promised. He calls the company and orders their 5-day/20 pound program. The next day there's a knock at the door and there stands the most stunning and beautiful woman he has ever seen in his life. She is wearing nothing but Reebok running shoes and a sign around her neck that reads, "If you catch me, I'm yours". "Well, he's out the door after her like a shot. This girl is in excellent shape and he does his best, but no such luck. So for the next four days, the same routine happens with him gradually getting in better and better shape. Much to his delight on the fifth day when he weighs himself, he discovers that he has lost another 20 lbs. as promised. He decides to go for broke and calls the company to order the 7-day/50 pound program. "Are you sure?" asks the representative on the phone. "This is our most rigorous program. "Absolutely," he replies, "I haven't felt this good in years. "The next day there's a knock at the door; and when he opens it he finds a huge muscular guy standing there wearing nothing but pink running shoes and a sign around his neck that reads, "If I catch you, you are mine!!!" He lost 63 pounds that week.

**BETWEEN- 18/12/17 – 5/2/18**  
**GYM NOT AVAILABLE HOURS**

Mon 7.45am - 8.45am  
10.00am - 11.00am  
Tues 10.00am - 11.00am  
Wed 8.00am - 10.00am  
Thurs 10.00am - 11.00am  
Fri 7.45am - 8.45am  
10.00am - 11.00am

**CENTRE OPENING HOURS**  
**From 18/12/17 – 5/2/18**

Mon 6.00am - 7.00pm  
Tues 7.30am - 7.00pm  
Wed 6.00am - 7.00pm  
Thur 7.30am - 5.00pm  
Fri 6.00am - 5.00pm

### ***Out of hours Gym access Information***

For those of you who may be considering taking up our “out of hours access” option we have listed below the additional costs associated with this. You can upgrade your membership to include out of hours access on a “pro-rata” basis (calculated on the remaining length of your membership), simply come in and see our friendly staff.

<b>Membership</b>	<b>Additional cost</b>	<b>FOB Deposit</b>
3 Months	\$50.00	\$45.00
6 Months	\$75.00	\$45.00
12 Months	\$100.00	\$45.00

All members signing up for the out of hours access must complete a “gym induction” with staff, for existing members this takes about 5 minutes and new members 10-15 minutes.

### ***Gym News***

- There was word around a while ago that there would be new equipment purchased for the gym to replace some of the older pieces including all of the cardio gear prior to Christmas. Without the funds in this financial budget this is not possible. On a positive note we will submit a full budget item for Councils consideration in the next financial year, this will give us plenty of time to research brands and types of equipment that will best suit our members and casual user needs.
- Fitness staff are currently working on a new class Timetable for Term 1 2018. As well as offering more classes we are trying to increase the variety of classes on offer. Keep your eyes out in the coming weeks for more info.....

## HELEN'S HUMDRUM

It's the time of the year again, it's light very early & the days are longer. So that can only mean one thing – more daylight hours to fit in every kind of outdoor activity you like from walking, hiking, cycling, swimming, surfing, paddle boarding, beaching, running, or just going for a stroll with a four legged friend. Go on, get out there and enjoy it!



## AIMEE'S ANGLE

Summer is coming! Longer, warmer days! Time to soak up the Vitamin D which improves bone health, levels out calcium in the blood, helps reduce depression, helps aid in weight loss and the big one – fights many diseases and helps boost your immune system! So get out in the sunshine & enjoy!

Summer also means it's coming into Christmas and the silly season. This doesn't mean you need to be unhealthy.... Make sure you make the time (fun family time) to be outside and active together with a good variety of activities you can all participate in at home. If you're planning on being away from home for a while be prepared and take healthy snacks with you to keep your energy levels up. This will stop you from buying unhealthy foods – and save you a lot of \$\$.

And remember to drink loads of WATER!

Summer is a fun and happy season so try to minimise your stress, keep active (keep coming to the gym and continue your routine as much as possible) and live healthy, then you can enjoy those Christmas treats with no guilt at all.

I hope everyone has a safe and happy Christmas!!

Aimee xxxx

Hi everyone, well it's lovely to be back at work after my 6 month break – no, it really is!! There's nothing like going to work to make you appreciate "not going to work" (even though I love my job 😊). This photo is one of the most stunning beaches we came across on our travels. It's called Little Warton just east of Esperance; check out the colour of the water! In my time off Craig and myself did a lap of Australia putting 30,000km on the odometer and



experiencing some pretty special places but I can honestly say Denmark is one of the best. Anyway in those 6 months I endeavoured to keep training and stay fit which was good for about a month!! After that exercise was a bit hit and miss, probably more miss than hit. While we were bike riding and walking regularly, the intensity was not adequate to undo all of the "good food and wine" I was consuming. So after another 5 months I returned to Denmark a few kilo's heavier and a little disappointed with myself. The hard part now was to get my head around returning to regular exercise. It was time to curb the afternoon wine(s) and get serious about getting back into shape. 8 weeks later I can happily report that I am 4kg's lighter and a little fitter. With the help of a few friends to train with (my motivators) and eating a good diet I'm slowly getting the job done. I'll be honest and tell you that I didn't enjoy the return to exercise until I had lost a couple of kilo's, but to get results you need to keep plugging away and the results will come. Oh - and by the way, those of you who haven't tried my Thump class you really should 😊!!!!

## **MICHAEL'S MINUTE**

Currently I'm training a client who needs to pass a fitness test. One of the elements of the test is to complete a three minute plank. This raises the question – how long should a plank be held for??

Personally (& professionally) I would recommend building up to a two minute maximum. Once you've achieved a static 'elbow plank' for two minutes I then suggest adding a variation e.g. plank lifting one foot off of floor, push up plank, or side plank. As you add a variation you will probably need to reduce the duration of the plank.

By the way – the timed world record for a straight plank is four hours and twenty eight minutes.....RiDICULOUS!!! Oh & why would you even want to??



## **\*\*JUST A FRIENDLY REMINDER\*\***

While staff are happy for you to move equipment around the gym to carry out your workout, please be mindful of others and return it to its original position when you have finished; this includes moving benches, removing heavy weights from bars and returning heavy dumbbells to the rack.

**THANK YOU FOR YOUR COOPERATION**



## **RECIPE OF THE MONTH**

We've added a new section for our healthy times to inspire you all to cook healthy food. This one came from Sports Dietitians Australia, we hope you give it a go.

*For a homemade pre-training snack that will give you sustained energy, these muesli bars are an excellent low GI option. Or, satisfy a decadent craving by drizzling with melted chocolate prior to serving!*



## **CHIA MUESLI BARS**

*Developed in partnership by Miele Home Economist Loughlin Hunter & Claire Saundry, APD, AccSD*

**Makes 20 bars | Prep time 12 minutes | Cooking time 20-30 minutes**

### **Ingredients:**

- 1 cup chia seeds
- 1½ cups water
- ½ cup dried cranberries
- 1/3 cup dried blueberries
- ½ cup coconut oil
- ½ cup maple syrup
- 1 teaspoon vanilla paste
- 1 cup quinoa flakes
- ½ cup pepita seeds
- ½ cup chopped nuts

- 1 cup shredded coconut
- ¼ cup sesame seeds
- 1 teaspoon cinnamon

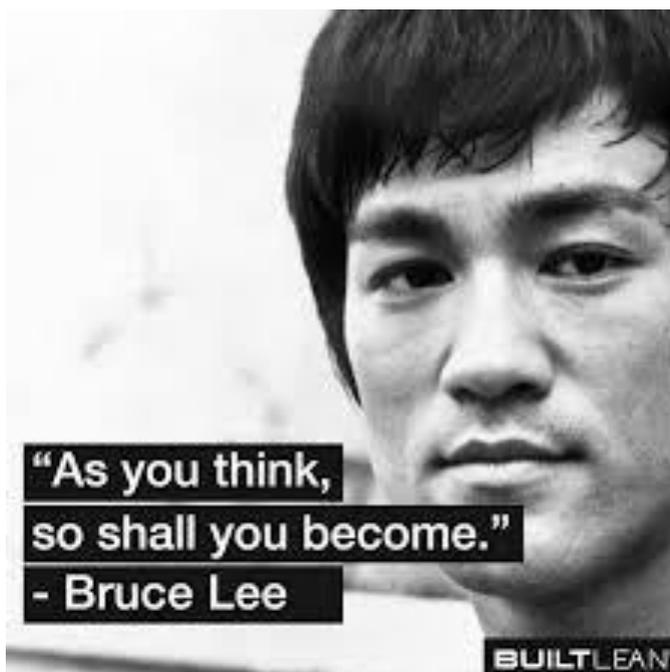
## Method:

1. Pre-heat oven on Fan Plus at 180°C.
2. Place chia seeds, water, dried cranberries, dried blueberries, coconut oil, maple syrup and vanilla paste in the steam oven. Steam at 100°C for 8 minutes. Stir ingredients until mixed well. Leave to cool.
3. Add the dry ingredients – quinoa, pepitas, nuts, coconut, sesame seeds and cinnamon. Stir to bind ingredients. Add a little extra water if mixture is a little dry, if the recipe is too wet, add extra chia seeds.
4. Place into a 20cm x 30cm tin, lined with baking paper. Wet the back of a spoon to smooth out the mix and to spread it out evenly.
5. Bake in the oven for 20-30 minutes. 20 minutes will give you a chewy bar and any longer will provide a crunchier consistency.
6. Leave to cool and cut into bars.

## Nutrition Information:

Nutrient	Per serve (75g)
Energy – kJ	1125
Protein (g)	5.8
Fat (g)	18
Carbohydrate (g)	20.8
Sodium (mg)	6.1

## Motivation!!



Sorry....gotta do it!

**"MERRY CHRISTMAS EVERYONE"**

*May your Holidays be  
Balanced and Bright*



*That's it for this edition of the Healthy Times; we hope you've enjoyed the read!  
Regards - Centre Staff and Management ☺ Denmark Recreation Centre*