

THIS
MONTH'S
SPECIAL
OFFER

Gift vouchers now available! Purchase a gift voucher this month and receive a complimentary group fitness session!

Hi everyone and welcome to the November issue of my newsletter! Expect to receive this monthly and I hope you enjoy reading it. You know your feedback is always welcome so if you have a topic of interest and would like to see it included please let me know!

This month I have been busy with group fitness as well preparing for the mad rush for summer and Christmas! Spring is a busy time of year so hopefully you've been working hard on your fitness goals and making progress!

A big thank you to Angela Cramond who volunteered to be this month's client profile! Well done on your results to date!!



Summer is almost here.....

This is the time of year that people seem to focus on "getting fit", "toning up" and "losing a few kilos." Get into shape for Summer with the help of your personal trainer; it's never too late to start! Just remember that it's not just about short bursts of "being good." You have to work on making lifestyle changes that are sustainable. Moderation is key and you'll get better results and maintain a healthier body if you live by the rule of moderation.

Here's what I'm loving right now...



Jelly beans!

But only after an intensive strength training session!

Did you know that having 3 or 4 jelly beans prior to having any form of protein directly after training will speed up muscle repair. How? To effectively absorb protein the body requires a hit of sugar to spike insulin levels.



Classic Banana Smoothie Recipe

Bananas are our best friend because they are packed with healthy nutrients and keep us feeling full for hours.

Oat bran contains B complex vitamins, protein, minerals and heart healthy soluble fiber.

This Classic Banana Smoothie Recipe is easy to make and combines both of these super foods to make a healthy smoothie that can be enjoyed anytime.

Ingredients:

- 1 banana, roughly chopped
- 1 cup low fat milk
- 1 tablespoon honey
- 1 tablespoon of oat bran

Add all ingredients into blender and blend until smooth (If you would like to have chunks of banana in the smoothie, simply blend the smoothie less).

So we've covered our nutrition now lets take a look at the latest craze in fitness!

Here's my favorite form of exercise...Boxing!!!



Did you know that a 60 minute boxing session can expend an average of 2821kj
If you think it's just a sport for the rough and tough, you're wrong. It's no secret that boxing is now one of the most popular fitness regimes out there and if it's a lean, toned, strong body you're after then this could be the sport for you!

The Benefits of Boxing Training for Supreme Fitness

By *James Penn*

You may improve your health and have a physically fit body by getting into boxing training fitness programs. This is the best way for you to have a stronger body and gain confidence. Boxing workouts can help you to be at your best fighting form as well.

Many people see positive results from boxing trainings. You may build stronger and more defined arms and legs. These programs and classes also help you to gain a sense of inner strength and emotional balance.

Boxing training classes got across to the mainstream of physical fitness training a few years back. They have seen the benefits on the cardiovascular and toning of the muscles by these boxing training workouts. Tae bo work out videos also popularized these boxing and kickboxing exercises.

Cardio boxing training classes and the innovative variations of the sparring jabs, power punches, defense, and fitness has all blends of aerobics exercises. You will learn the proper execution of the punch and kick combinations for a more intensive workout that can help you become stronger and more confident.

The combinations you perform on the blocks, jabs, and kicks are executed to an imagined opponent. You may see classes where participants throw punches and kicks on the air. You will also find training camps that have quality equipment such as punching bags and you may also have the option of getting a partner that has padded hands.

You may also enjoy more benefits aside from the physical aspects of boxing trainings. Cardio kick boxing workouts allow you to burn out 350 to 500 calories in just an hour. It also helps maintaining the heart rate at 75 percent to 85 percent regular beat. This has been proven to be good and is the recommended range if you are exercising or into training.

Moreover, these boxing training classes improve your speed, resistance, and strength. Flexibility and the reflexes of the muscles are also enhanced. Repetitive motion on arms by sparring and jogging while you punch helps your arms and legs gain strength and power.

These workouts also enable your joint movements to build very efficient fitness results.

These movements require you to develop balance and coordination that enables your body to be stable and maintain a good form.

These physical benefits you gain from boxing and kickboxing are just few of the many benefits that they can provide. You will be able to learn more about defense mechanism skills, which you may use in case of unwanted instances. You will also feel the satisfaction when you punch or kick. Relaxation and self-motivation is also developed.

You will feel a sigh of relief and feel that you are released from stressed. It also helps you to get rid of that anger that is inside of you. Once these things are releases, you may feel lightness into your body and peace of mind as well.

Many aerobic and fitness experts recommend boxing training lessons for beginners. It allows you to workout on your desired pace and body condition. Boxing classes let you to push yourself to the limit as long as you are safe and well conditioned.

Positive results await you with boxing training. You will enjoy a physically fit body and will keep you in better shape. You have the option working out and exercising at your preferred level and skill.

And Finally..... giving back to the community!

This section is dedicated to areas/businesses that operate in the local community. For those of you who don't know, I am a huge fan of supporting local business and community drives. I will be using this section to profile products or businesses that are of interest to me but also reporting on anything that's going on in the local community like fundraising, charities and activities like fun runs, etc.. If you have anything that you want included like a sausage sizzle that you may be having to raise money please let me know and I will include it in this section!

This month I'm pleased to focus on

mLs nail studio

Based from home in Epping, Michelle offers a casual environment & personal attention to all her clients.

mLs offers clients a full range of nail care from Acrylic enhancements to manicures and pedicures.

Specialising in gel nail enhancements, using the Akzentz Gel System, mLs is offering a full set of gel sculptured nails for only \$35 to clients who mention

The Wright Image Studio.

To redeem this special offer or obtain a full price list contact Michelle on 0417 008 654 or mlsnailstudio@hotmail.com

*I hope you have enjoyed reading this issue!
If you would like me to include anything about your business or product please email me josie@thewrightimagestudio.com.au.*



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