

Welcome all to our ninth DDF Newsletter.

A special welcome to all our new members. We hope you find that we are a very friendly, relaxed and supportive bunch here at Dan's Direct Fitness!

Please remember to care for the studio as it was like your own because if equipment keeps getting damaged, prices will have to go up.

DDF STAFF

Dan Lester – Owner / Operator

Dan is the owner of the studio and is a qualified personal trainer.

Bridget Porter – Newest Staff member

Bridget is almost fully qualified in personal training. She is starting to train people now to help with her experience. So welcome Bridget to the team.

MEMBERSHIPS

Our member recruitment offer is still running. So if any current members have friends who want a gym membership, please bring them in. For every person a member helps sign up, we will add an extra week to their current membership.

JOIN THE FUN

We have entry forms for the city-bay fun run! There are options for beginners and advanced runners.

There's a 3km run/walk event for the beginners. You can even make up your own teams and win prizes for dressing up.

The fun run will be held on September 21, check the entry forms in our stand for more details.

HEALTHY EATING TIPS

We've all heard the saying, "an apple a day keeps the doctor away!"

This may explain why. Apples have an antioxidant content that's higher than any other fruit and therefore reduces the risk of heart disease and some forms of cancers.

SUCCESSFUL WEIGHT LOSS

Successful weight loss happens to a person who takes on the challenge of change and adapts to it. If there's no obvious physical or emotional change then nothing will change. The best thing about change is when the benefits of that change becomes evident, proving that YOU CAN be the creator of your own weight loss and happiness. Successful people learn to keep changing their plan of attack if it doesn't work, after giving it a realistic and fair go, and have the courage to research the unfamiliar to see if it may work for them.

WHAT MOTIVATES YOU?

One of the biggest mistakes some people can make, when trying to keep motivated, may be that they focus on the wrong reasons for them to get fit or reach their goal weight. Here are just a few of many motivators to get us thinking and to help push us into our training mode:

- Regular and ongoing exercise has been proven to delay and/or prevent the effects of aging, including heart disease and many other physical ailments
- Fit people have greater energy levels; therefore enables people to make the most of each day with out feeling so run down.
- Being a member of a gym or some form of fitness group is a great opportunity to interact socially with different people.
- Weight bearing exercises strengthen your bones which also relates back to delaying the effects of aging such as osteoporosis and other bone related problems.

WEIGHT TRAINING

How Much Protein?

Q: Is the old "2 grams of protein per kilo of body weight" rule still good? I hear some people say we need less and some recommend more.

A: For a 100kg lean male, 300 grams of protein per day would be the minimum. For about most of the population, 3 grams per kilo is good for mass gains. It can make a huge difference. Personally, every person I know who has serious mass, consumes up to or more than 3g of protein per kilo of bodyweight.

Products to check out

Protein Powder From \$75 per tub

Choc protein Bars \$5.00 per bar

Ready to drink Protein \$5 each

V Energy drinks cans 2 for \$4.00

**Shake N Take Protein \$5.00 Each
(Night time & HP+)**