

Titan NEWS

Welcome to the February newsletter! Can you believe a whole month of 2012 has come and gone already? It seems like just the other day that eating copious amounts of food and drinking bottomless glasses of beer and sparkling wine was ok because it was Christmas. Let's admit it, some of us are still there and have no intention of changing, at least not just yet. Realistically though, we are now a good four weeks into the New Year so no, you can no longer use *'but it's the festive season'* as an excuse.

Now that it's February it's time to shift those extra kilos we all gain during the December-January months and get back into a solid training and healthy eating routine. Of course, this is not an easy task. You need motivation, support, encouragement – but that's why we're here! In fact, if you're really struggling, we can arrange a FREE personal training session to get you back on track. It's called a Titan Kick-Start programme and is sure to help you find that direction you might be searching for to get you back on track. All you have to do is chat to one of our friendly staff at reception – by phone, email or Facebook and we'll sort the rest out for you. Easy! Now there really is no excuse not to get back into the health and exercise groove.

In other news, you may have noticed some serious construction happening to the previously loved and frequently visited Civic Video store downstairs. We know what you're thinking and yes, it **IS** becoming a part of Titan Fitness Coogee. Just imagine... child minding, a specialised boxing and MMaxFit area, additional cardio and weight equipment, rainbows with pots of gold at the ends...well maybe that's getting a bit too dreamy, but hey, you can't not get excited about what's in store! We agree, the thought of transforming "the dungeon" into a health and fitness retreat it is a tad overwhelming, but we guarantee it's going to be the best addition to Titan Coogee thus far. We apologise in advance too for any loud bangs or noises, especially if you're getting a blissful massage by Christine!

Happy reading ☺

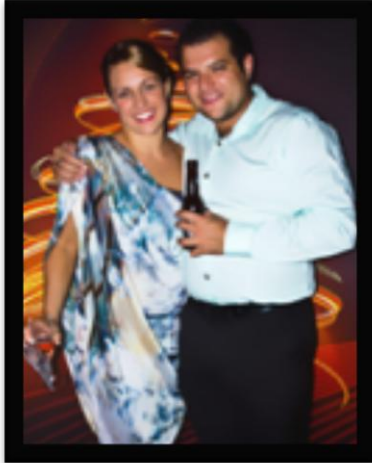
Titan
FITNESS COOGEE

Opening Hours:

Mon – Thu	5am – 10pm
Friday	5am – 9pm
Sat – Sun	7am – 7pm

Member in the

SPOTLIGHT



Elizabeth Fassullo

Occupation:

Repair Supervisor for an insurance builder

How did you first get in to fitness?

My work and fiancé – my work encourages us to take part in exercise and introduced my fiancé and I to our trainer Anthony and we have not looked back!

What brought you to Titan Fitness?

Anthony Toth, our Personal Trainer, recommended joining ☺

Who inspires you and why?

EVERYONE AND ANYONE! Everyone is capable of great things

What is your ultimate travel destination and why?

Egypt – I love the history and the unknown – it would be awesome to go through some pyramids

Favourite food/meal?

PASTA!!

Favourite treat?

Turkish Delight

Favourite exercise/exercise class and why?

At the moment chin-ups, because Anthony told me “if you do it long enough you’ll learn to love it”!!!

Do you have a daily/weekly exercise routine that you follow to keep in shape?

Anthony gives us a weekly routine to follow for a few weeks at a time mixed in with our P.T sessions

What is your greatest achievement to date?

I worked in “Wolf Creek” and “Jindabyne” doing special effects.

Movie that best describes you?

Jurassic Park

What would you do with your last \$10?

Rent Arnold Schwarzenegger movies

Which celebrity would you sit next to on a plane and why?

Arnold Schwarzenegger – He has lived a very interesting life

Any health tips?

Drink green tea – it’s a stimulant for getting you started in the morning and it helps you lose weight.

What would you say to someone new to Titan Fitness?

Do a week of training with Anthony Toth ☺

Favourite quotation?

“There is no next time, it’s NOW or NEVER”

How are the wedding plans going?

Going good, we are surprisingly organized so we are cruising through our last 7 weeks

Honeymoon destination?

Europe for 12 weeks – We will spend 6 weeks travelling through central Europe then 6 weeks in Italy.

PERSONAL TRAINER FOCUS



Alison Walters

I am a mother of 4. I have always found it important to stay in great shape to keep up with my children's sporting and physical activities. I have always been involved in the Health & Fitness Industry. I am a keen Sports enthusiast and still compete in Soccer, Touch Football & Oztag to name a few. I have represented NSW and Australia on several occasions & still compete at a State Level. I love to get people moving and actively Coach children in a number of Sports.

Expertise:

- *Weight Loss*
- *Body Toning*
- *Weight Training*
- *Sport Specific Training*
- *Group Training*

Qualifications:

- *Cert III*
- *Cert IV*
- *SDA Nutrition for Sport & Exercise*
- *Weight Loss Coach*
- *Senior First Aid*

alison@dontlookback.com.au

0433 255 745

**3 PT
Sessions \$99**

PLUS

**Bring a
friend**

for

FREE!!

WHAT'S HAPPENING IN THE CLUB



**Over your job? Need a change?
Then kick start your career in fitness**

- Become a Personal Trainer and start transforming people's lives
- Have an exciting career that keeps you fit and healthy
- Begin your new career today at this first class training facility
- Experience the best hands on practical training available

**Act now and join Australia's
fastest growing provider of fitness
qualifications today!**

Speak to Darren in the club or
call him on **9662 6154** for more
information.

AUSTRALIAN INSTITUTE OF
PERSONAL TRAINERS | 1300 13 84 34
www.aipt.com.au

Titan

UNDERGROUND

**Soooo...Who's wondering what exactly
we are planning to do downstairs???!**

Well, we are still finalising the plans and
figuring out how to utilise the space as
best as possible but we can confirm the
following:

- ✓ Child-minding / Crèche
- ✓ Boxing Studio
- ✓ Group Exercise space
- ✓ Weights area

IN OPERATION EARLY 2012!



Starts Tuesday 7th Feb

Do yourself a health and fitness favour and try
our Titan Fitness Bootcamp. This time we're
running the course for 8 weeks instead of 6 and
sessions will go for 1 hour instead of 45 minutes.

Members: \$15 drop in or \$160 pre-paid

Non-Members: \$20 drop in or \$240 pre-paid

REGISTER NOW AT RECEPTION!

Nutrition News

A diet high in omega-3s is a great way to help maintain a lean, healthy physique year round, health and performance coach Daine McDonald explains.

Have you heard of the term "superfood"? Well, if there is one nutrient that deserves this title it would be **omega-3**. Numerous studies have shown the positive effects of a diet high in omega-3, from lowering blood pressure to boosting levels of serotonin — our "happy" brain chemical. A balanced intake of omega-3s in our diet can also help you fight fat — here's how:

The modern-day dilemma

Modern man can trace our human ancestry back 4 million years. For more than 99 percent of that time humans were hunters and gatherers. This lifestyle established a dietary balance between omega-3 and omega-6 fats at the ideal proportion between 1:1 and 1:4. Most experts agree that the ratio today is somewhere between 1:20 to anywhere as high as 1:60! Some believe that humans kept this balanced ratio until the mid-1800s when our diet began to fundamentally change. Our present day diet is rich in grains and seeds but poor in marine life, which in turn has led to an increased omega-6 imbalance in our bodies.

This unbalanced ratio has led to a myriad of health complications in the modern-day man. Modern-day eating habits tend to contain or utilise foods that are high in omega-6, such as vegetable oils (corn, soybean, sunflower) and all this excess omega-6 we are eating is stored in the body as fat and increases inflammation.

Omega-3s, the hose that puts out the flame

Omega-3s can be likened to a water cannon that goes around our bodies putting out inflammation, so they help put out the fire. The two main ways by which omega-3s do this is firstly through reducing the expression of our lipogenic genes. These are the genes in our body that regulate fat production. A balanced omega-6 to 3 ratio helps keep these genes in check.

Omega-3s also decrease the state of insulin resistance in our cells. Insulin resistance is a condition in which the receptor sites on our cells become resistant to insulin, the hormone that helps regulate our energy and carbohydrate metabolism in the body. Insulin causes cells in our liver, muscle and fatty tissues to take up glucose from the blood, storing it as glycogen in the liver and muscle. Over time these receptor sites can become switched off and "clogged up" due to constant abuse to the pancreas (the organ that produces insulin) due to excessive carbohydrate intake or through consistently high levels of stress hormones in the blood. This leads to insulin and the carbohydrate molecules it is attached to being stored as fat rather than being utilised through our cells. Omega-3s actually unclog those receptor sites allowing insulin to be utilised in a growth promoting manner — rather than in a fat-inducing manner. What's the most common sign of someone whose cells are in an

insulin resistant state? **An increase in fat storage around the dreaded "love handles" region.**

How much omega-3 for me?

According to world-renowned strength coach Charles Poliquin, for fat loss omega-3 intake should be approximately 1g to 1.5g per percentage of body fat. The general rule of thumb is 1g equals 1 capsule and a teaspoon equals 5g. Once you have identified your body fat levels you need to select an appropriate brand. There are only three brands on the Australian market that I recommend — metagenics, biocetivics and poliquin. Why? All three are pharmaceutical grade and practitioner-only products meaning they are free of toxins such as mercury. For someone who has more than 25 percent body fat I recommend 20g to 25g of fish oil per day for the first few weeks, combined with a diet high in seafood such as salmon, sardines or barramundi. Following this plan I would expect to see their body fat drop several percentage points during this time, especially around their "muffin top".

As their body fat drops I will re-dose their omega-3 intake accordingly. Too much omega-3 for too long has been shown to disrupt our body's fatty acid metabolism. So after four to six weeks you can drop the omega-3 amount to half or less. Supplementing with a pharmaceutical grade GLA (gamma linolenic acid) or eating foods with a higher GLA content will help maintain a healthy fatty acid metabolism during this period. At this point take omega-3 and GLA in 2:1 ratio for a month.

So....

Purchase some high-quality fish oil, eat more seafood and finally start winning the war against those "love handles" that nobody really loves!

Member Section

We thought we'd put something out there for the ladies this month to make you feel better about any negative feelings you have about training...It may even hit a few male brains. Enjoy!

A WOMAN'S WEEK AT THE GYM

If you read this without laughing out loud, there is something wrong with you. This is dedicated to everyone who ever attempted to get into a regular workout routine.

Dear Diary,

For my birthday this year, my Husband (the dear) purchased a week of personal training at the local health club for me.

Although I am still in great shape since being a high school football cheerleader 43 years ago, I decided it would be a good idea to go ahead and give it a try.

I called the club and made my reservations with a personal trainer named Christo, who identified himself as a 26-year-old aerobics instructor and model for athletic clothing and swim wear.

My husband seemed pleased with my enthusiasm to get started! The club encouraged me to keep a diary to chart my progress.

MONDAY:

Started my day at 6:00 a.m. Tough to get out of bed, but found it was well worth it when I arrived at the health club to find Christo waiting for me.

He is something of a Greek god - with blond hair, dancing eyes and a dazzling white smile. Woo Hoo!!

Christo gave me a tour and showed me the machines. I enjoyed watching the skillful way in which he conducted his aerobics class after my workout today. Very inspiring!

Christo was encouraging as I did my sit-ups, although my gut was already aching from holding it in the whole time he was around. This is going to be a FANTASTIC week!!

TUESDAY:

I drank a whole pot of coffee, but I finally made it out the door. Christo made me lie on my back and push a heavy iron bar into the air then he put weights on it! My legs were a little wobbly on the treadmill, but I made the full mile. His rewarding smile made it all worthwhile. I feel GREAT!! It's a whole new life for me.

WEDNESDAY:

The only way I can brush my teeth is by laying the toothbrush on the counter and moving my mouth back and forth over it. I believe I have a hernia in both pectorals. Driving was OK as long as I didn't try to steer or stop. I parked on top of a GEO in the club parking lot.

Christo was impatient with me, insisting that my screams bothered other club members. His voice is a little too perky for that early in the morning and when he scolds, he gets this nasally whine that is VERY annoying.

My chest hurt when I got on the treadmill, so Christo put me on the stair monster. Why the hell would anyone invent a machine to simulate an

activity rendered obsolete by elevators? Christo told me it would help me get in shape and enjoy life. He said some other rubbish too.

THURSDAY:

The jerk was waiting for me with his vampire-like teeth exposed as his thin, cruel lips were pulled back in a full snarl. I couldn't help being a half an hour late - it took me that long to tie my shoes.

He took me to work out with dumbbells. When he was not looking, I ran and hid in the restroom. He sent some skinny tart to find me.

Then, as punishment, he put me on the rowing machine -- which I sank.

FRIDAY:

I hate that psycho Christo more than any human being has ever hated any other human being in the history of the world. Stupid, skinny, anemic, anorexic little aerobics instructor. If there was a part of my body I could move without unbearable pain, I would beat him with it.

Christo wanted me to work on my triceps. I don't have any triceps! And if you don't want dents in the floor, don't hand me the damn barbells or anything that weighs more than a sandwich.

The treadmill flung me off and I landed on a health and nutrition teacher. Why couldn't it have been someone softer, like the drama coach or the choir director?

SATURDAY:

Satan left a message on my answering machine in his grating, shrill voice wondering why I did not show up today. Just hearing his voice made me want to smash the machine with my planner; however, I lacked the strength to even use the TV remote and ended up catching eleven straight hours of the Weather Channel.

SUNDAY:

I'm having the Church van pick me up for services today so I can go and thank GOD that this week is over. I will also pray that next year my husband will choose a gift for me that is fun -- like a root canal or a hysterectomy. I still say if God had wanted me to bend over, he would have sprinkled the floor with diamonds!

A Friendly Reminder...

We know it is hot (give or take the cold stints here and there!) and we are located by the beach, however for safety reasons...

THONGS

a.k.a Jandals (eh bro) or Flip-flops (innit)

are NOT permitted whilst training.

All shoes must be closed-toe,

NO EXCEPTIONS!



Thank you for your cooperation ☺

*Wine, Dine, Write and
Walk...Tuscan style*



One of our members, author Joanne Fedler, is taking a group of twelve women to Tuscany in June this year, on a walking and writing retreat with *Women's Own Adventure*.

Places are almost full, but if you're interested, please contact Marika from Women's Own Adventure 1300 883 475 for the best holiday of your life! You'll keep fit by walking the Tuscan countryside, have cooking lessons with a Tuscan chef, drink Tuscan wines and have daily writing workshops with Joanne. No previous writing experience necessary...it's open to everyone, well every woman anyway.



Check out www.womensownadventure.com.au for more info, or www.joannefedler.com.

You can also view the full itinerary of the trip at <http://womensownadventure.com.au/pages/adventure-holidays/tuscany-a-cultural-walking-and-writing-journey-with-joanne-fedler/overview.php>

Pre and Post Workout Nutrition

Brought to you by Bodyline Supplements

Pre and post workout meals may be considered the most important meals of the day along side breakfast when it comes to kickstarting your metabolism and putting your body in an anabolic, muscle building or fat burning state. These meals also decide how your body prepares and recovers from your

Pre Workout Meal

The pre workout meal must be high in quickly digestible proteins so as to allow a high delivery of amino acids to muscle tissue. Carbohydrates can be consumed to minimise glycogen loss (glycogen transports protein to muscle tissue) and suppress catabolic hormones. Fats should not be consumed unless endurance training is followed.

Example of Pre Workout Meal

(one hour before training):

- 1 scoop whey protein powder
- 150g slow digesting carbs (e.g sweet potato)
- 1/2 Handful of blue berries

Why?

Protein from the whey protein hits the blood by workout time, sparing muscle breakdown. Blueberries offer sugars which kickstarts insulin production and the slow digesting carbs prevent blood sugar level drops which can occur from sugars alone.

Post Workout Meal

The post workout meal should contain protein, carbohydrates and a small amount of essential fats, in a quick and easily digestible form to allow quick flow of nutrients to muscles. This will ensure that the body will remain in an anabolic state allowing the muscles to recover and grow.

Example of Post Workout Meal

(within 30 min of completing training)

- 2 scoops whey protein
- 1 cup pasta (fast digesting carbs)
- 4 Tbsp. Raisins

Why?

Recovery and growth.

Fast acting protein and carbohydrates to jump start rebuilding process. Raisins and pasta offer a concentrated carbohydrate mixture to boost insulin for muscle repair.

Titan Health & Beauty

Valentine's Day Package

for a Clearer and smoother Back



Includes:

- 1 Ultrasonic Deep Cleansing Treatment
- 1 Sapphire Crystal Resurfacing Treatment
- 1 Papaya Enzyme Peel Treatment
- 1 Black Magic Mud Mask
- 3 Treatments of Bioptron Light Therapy with
- 1 Pure Oxygen Saturation
- 1 Luxury Firm Gliding Relaxing Back Massage

One treatment will be heavenly ...

A course will give you excellent visual and textural results

only **\$75**

Normally \$235! Save \$160!

Drop in and see **Christine** or call

0413 602 299

to find out more and book in your session today!

****Gift Vouchers Available – the ideal gift for someone special or treat yourself.**

Entrée:

Deep Skin Cleanse with Ultrasound Technology

Penetrates deep below the surface of the skin to promote cellular renewal and repair, tones muscles, increases blood circulation

Cleanser:

Micro Mineral Deep Cleansing

A resurfacing treatment that safely and effectively buffs away dead skin cells to uncover clean, fresh and radiantly glowing skin.

Main Course:

Papaya Enzyme Peel Treatment

Papaya Enzyme Peel actively exfoliates the dead cellular debris of the skin while selectively loosening hardened sebaceous material and other debris that clog the pores, preparing the skin for deep pore cleansing and extractions (if required). Skin appears fresh and vibrant.

Side Plate

Black Magic Mud Mask - Glycolic

Exfoliates skin impurities and nourishes the skin. Rejuvenates skin cells, helps in preventing premature ageing, soothing to the skin, clears skin of blemishes and helps to heal and clear scars.

Dessert

TRIPLE BURST of 100% Pure Oxygen Infusion with Bioptron Light Therapy

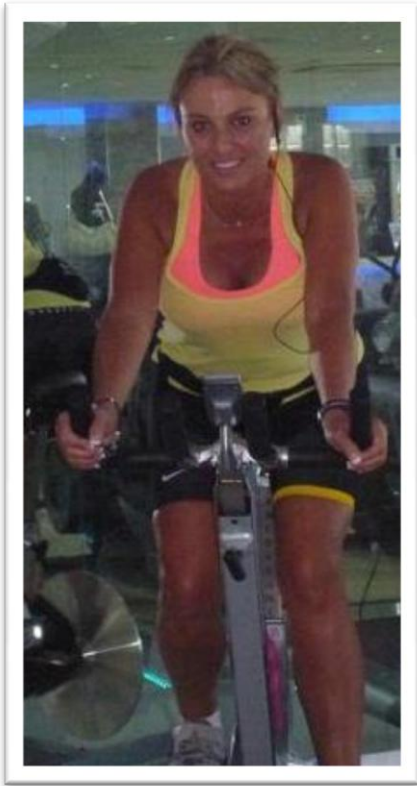
Stimulates body cells to strengthen your immune system and create an environment for your body to repair itself. Relieves Muscular aches and Pain and more.

Liqueur

Half Hour Total Luxury Pampering Massage with a wonderful Aroma of Essential Oils

Our Massages are heavenly, relaxing and divine, placing you in a world of your own.

Instructor Section



CHERYL PROSKEWITZ

Our South African Cycling Superstar

Favourite Food: Italian

Favourite Drink: Red Wine

Favourite Sport: Cycling & Rugby

Favourite Music: Bob Marley, Blues, Michael Jackson, Maroon 5, The Police. The list goes on...

Favourite Movie: The Blind Side, Gladiator.

Hobbies: Cycling, Photography, videography.

www.titanfitness.com.au

(02) 9665 4058

admin@titanfitnesscoogee.com.au

Who inspires you: MY CLASS MEMBER'S!
Watching their fitness improve is so rewarding.

Life Philosophy: Laugh as much as you breathe and Love as long as you live.

Why I became an instructor: I did spinning for 12 months at a spinning club and then I was approached by the gym to do an International instructors Course. Qualified 1998 and still have the passion to keep pedaling.

Why I love teaching at Titan Fitness Coogee: Latest equipment, always well maintained. A great team of staff, and I just LOVE the members.

Classes I teach at TF Coogee: SPIN!!

Monday 6am

Monday 6pm

Thursday 9.30am

Advice for Newbies: The secret of getting ahead is getting started. Exercise isn't just good for your body it's good for your soul. If you feel a bit down, get up and get moving and remember it's best to set realistic goals that are achievable, so that a tangible reward of success is felt once the milestone is achieved.