

Titan NEWS

Happy New Year!!!

Firstly, what a beautiful day we were blessed with on New Year's Day...a great start to 2012! What a HUGE year we have planned too, with lots of exciting developments and further expansions to the club soon to come.

Speaking of expansion, now that the festive season is over it's time to think about some worthwhile new year's resolutions – ones that you can actually stick to. So, how do you make a resolution that's stick-able? Try thinking about a resolution that is inspiring! One that is achievable yet hard enough that it drives you towards attaining it... and persist until you do.

If you've never done it before, maybe setting yourself some goals – short, medium and long term - will help you achieve and maintain your 2012 resolutions. Goal setting is all about setting targets for ourselves that are a little out of reach, yet close enough that if we work hard we can eventually

reach them. Why not make your goal to hit 69 instead of 70kgs – or 14% instead of 15% body fat? That little extra notch subconsciously kick starts the competitive streak lying dormant inside us and can be a huge force on the road to achieving your goals.

Don't forget that we are ALWAYS here to help you reach whatever goals you are training for. Whether it is increased fitness, lowered body weight or greater strength, we can help! From our expert personal trainers to our approachable and experienced staff, we can offer you simple but effective words of wisdom to help you reach your health, fitness and appearance targets that little bit sooner. And hey, we all love to chat, so come and see any one of us anytime!

Lastly, with big developments soon to be underway on the downstairs Civic Video store, we thank you in advance for any inconvenience caused. We can't wait to get started on what we know is going to make your club the best one, well, ever!

Here's to 2012!

Members in the

SPOTLIGHT



Criss & Rodd

HannaFord

Occupation:

Criss: Product specialist for a medical device company

Rod: Dermatologist

How did you get into this?

Criss: Transitioned from Nursing –Better hours, more \$

Rod: Practice and study

What brought you to Titan Fitness?

Criss: Sick of running & wanted to step up my training

Rod: A car (haha soooo funny Rod!)

Who inspires you and why?

Criss: The Dalai Lama-he never gives up

Rod: My wife (awww!)

What is your ultimate travel destination and why?

Criss: New York (I love it) & India (haven't been yet)

Rod: Croatia –Sailing the islands

Favorite food/meal?

Criss: A great steak

Rod: Salt 'n' pepper calamari

Favorite treat?

Criss: Lindt chocolate & gelato

Rod: Licorice

Favorite exercise/exercise class and why?

Criss: ZUMBA of course!..Cos it's fun & a great workout (and I especially LOVE Kate's classes!! ☺)

Rod: Boxing

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

Criss: Yes..6 days a week at Titan. I do Bodypump, Bodyattack, Boxing and ZUMBA!

Rod: I come to Titan as often as I can

What is your greatest achievement?

Criss: My 3 children (what, not mastering that Salsa turn?!)

Rod: 30 years of marriage (double awwwww!)

Movie that best describes you?

Criss: "The Curious Case of Benjamin Button"

Rod: "A Christmas Carol"

What would you do with your last \$10?

Criss: Buy a lottery ticket!

Rod: Catch a bus to work

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

Criss: Brad Pitt..why do ya think?!!

Rod: Angelina Jolie..she's gorgeous! (Good to see you two keep it in the family ☺)

Any health tips?

Criss: Do something physical every day for at least 40 minutes and that does NOT include chewing!

Rod: Don't smoke!

What would you say to someone new to Titan Fitness?

Criss: Enjoy!

Rod: Hello!

Favorite quote:

Criss: "Follow your heart" (What about the ZUMBA motto: "Ditch the workout, join the party!"?)

Rod: "Illegitimi non carborundum" ("Don't let the bastards grind you down"!)

What do you think about training together?

Criss: It keeps exercising interesting

Rod: Much better with a partner

PERSONAL TRAINER FOCUS



Nathan Lai

I have grown up in the Eastern Suburbs my whole life. I became involved with fitness when I was young and have continued to play sport and stay fit. I have played rugby league for 20 years, 3 of which I played in the lower grades at South Sydney Rabbitohs. I have also represented NSW in both Track and Field and Touch Football, as well as coached Oz Tag at state level. I am a current player in the Australian Oz Tag team and have been for the last 9 years. I want to be able to help others by passing on the knowledge and skills I have attained throughout my years in the industry.

Expertise:

- One on One training
- Group training and Fitness

- Strength and Conditioning
- Muscle Endurance
- Body Toning
- Boxing
- Circuit Training
- Sprint and Running training
- TRX Training
- Core Training
- Rehabilitation

Qualifications:

- Cert III, IV
- First Aid
- Fitness Australia member
- Children's Sport Coach
- Punch Certified Boxing Instructor

0407 788 703

nate1301@optusnet.com.au

**3 PT Sessions
\$99**

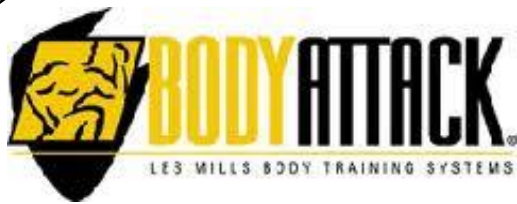
PLUS

**Bring a friend
for**

FREE!!

Some conditions apply but not many. Ask at reception for more info.

WHAT'S HAPPENING IN THE CLUB



Have you checked out Bodyattack yet?!

Bodyattack is the 55 minute sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength & stabilization exercises

Dynamic instructors and powerful music motivate everyone towards their fitness goals – from the weekend athlete to the hardcore competitor!

We have two fantastic resident Bodyattack instructors:

ALEXA & SIMONE

Mondays @ 6pm / Wednesdays @ 7pm

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!

MMA
MMA FOR FITNESS

Has Officially Commenced!



- Tue: 6:30am
- Sun: 8:30am

Nutrition News

The Reason Most Diets Fail and Why Dessert Could Be The Solution!

The issue here, people, is diet adherence! Sticking to your diet for long enough to see your efforts bear fruit!

Eating bland food and depriving yourself day after day can only be endured for so long before the inevitable blow-out and binge eating that undoes all your good work (sound familiar?!). This doesn't have to happen! Adding small treats such as a low calorie dessert satisfies your sweet tooth and makes you forget you are even on a diet!

The secret is in the choice of ingredients and the way you adapt recipes to suit your dietary needs. Here is a list of staples for you to stock up on:

- **Fat Free Cream Cheese (Philadelphia etc)**
- **Fat Free/Low Fat Cottage Cheese**
- **Eggs**
- **Skimmed Milk**
- **Sweetener (Splenda, Stevia etc)**
- **Vanilla/Almond extract**
- **Cinnamon**
- **Cocoa Powder**

These ingredients are the main players in some of the most awesome tasting low calorie dessert recipes you will find...

This high-protein, low fat, low carb cheesecake recipe is truly mind blowing!



www.titanfitness.com.au

Ingredients:

- Low Fat Cooking Spray
- 4 Digestive Biscuits
- 1 Whole Egg + 1 Egg White
- 40g Raspberry Jam
- 100g Blueberries & Raspberries
- 450g Fat Free Cream Cheese (e.g Philly)
- 15g Splenda (Granulated)
- ½ tsp Vanilla Extract
- 75ml Skimmed Milk

Laying the Foundation – The Base

1. Take your non stick baking dish spray it with Cooking Spray. Next, take four digestive biscuits and break them up (over the dish) into small pieces.
2. Use the bottom of a tablespoon to crush the biscuits into very small pieces, the bottom of the baking dish should be covered by a thin layer of biscuits.

Making the Middle – The Cheesecake

1. Take your mixing bowl and add the following:
 - 15g Splenda (1/2 cup)
 - 450g Fat Free Cream Cheese
 - 75ml Skimmed Milk (1/4 cup)
 - 1/2 tsp Vanilla Extract
 - Using your mixer (or a fork if you don't have one) mix the ingredients for around 1 minute (longer by hand) until the batter is smooth.
2. Now add the eggs, separating the yolk and throwing it away for one egg and adding the second egg whole. Mix again until the batter is a creamy consistency.

Bringing it all together

1. Pour the batter into the baking dish
2. Bake in the oven at 175c for 30-40 minutes
3. Take it out of the oven and leave it to cool
4. Once cool, place in the refrigerator for a minimum of 3 hours

The Final Touches – The Topping

1. Get your topping ingredients ready and your cheesecake out of the refrigerator
2. Chop the raspberries and blueberries in half
3. Take your sugar free jam and spread it across the cheesecake using the back of a spoon
4. Add the chopped berries to the top...

ENJOY! 😊

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The Lean Belly Workout

Brought to you by Men's Health Magazine

Print this out and head to Titan for a killer ab workout!

Workouts A & B should be alternated with a day of rest between each 'Ab day'.

Don't forget though... **"Abs are made in the kitchen!"** (so eat clean or no 6-pack!)

Workout A: (perform as a circuit 2-3 times)

1) Plank

- Hold for 30 seconds

Assume a plank position with forearms on the floor. Your body should form a straight line. Now tighten your core muscles, squeeze your glutes & HOLD.

2) Crossover Dumbbell Step-Up

- 8-10 reps each leg

Grab a pair of DB's & stand to the right of a bench or step. Cross **R** foot over in front of your body & place on step. Push off that foot to lift body off the floor. Pause on the step without letting your **L** foot touch the step, then lower back to starting position. Do all the reps then repeat on the left.

3) Bent-Over Y Raise

- 10-12 reps

Holding a pair of DB's bend at your hips & lower your torso until it's almost parallel to the floor. Let your arms hang straight from your shoulders & slightly bend knees. Raise arms so that they're at a 30 degree angle to your body (forming a Y) & are in-line with torso. Pause, lower and repeat.

4) Goblet Squat

- 12 reps

Stand with feet slightly wider than shoulder width. Cup the end of a DB with both hands & hold vertically in front of chest, with elbows pointing down. Keeping back naturally arched, push hips back, bend knees & squat pausing at the bottom.

5) Push-Up

- 10-12 reps

Perform slow pushups with perfect form, either on knees or toes.

Workout B: (perform as a circuit 2-3 times)

1) Side Plank

- Hold for 30 seconds

Lie to one side with straight legs & prop your upper body up on your forearm. Raise hips & HOLD.

2) Offset Dumbbell Split Squat

- 8-10 reps each side

Hold a DB in **R** hand at arm's length by your side. Assume a staggered stance with **R** foot in front of **L**. Slowly lower your body as far as you can. Pause, then push back up to starting position. Do all reps then switch arms & legs & repeat.

3) Alternating Dumbbell Row

- 8-10 reps each arm

Holding a pair of DB's, bend at your hips & lower torso until its almost parallel to floor. Keeping knees slightly bent, let the DB hang at arm's length. Without moving or rotating torso, lift one DB to your side & slowly lower it, then repeat with other arm – that's **1 rep**.

4) Dumbbell Straight-Leg Deadlift

- 10-12 reps

Hold a pair of DB's at arm's length in front of your thighs. Without rounding lower back, bend at your hips & lower your torso towards the floor. Pause, then return to the starting position.

5) Dumbbell Shoulder Press

- 10-12 reps

Hold a pair of DB's just outside your shoulders, with arms bent & palms facing each other. Keeping your arms in line with your shoulders push the weights up until arms are straight. Pause, then slowly lower DB's back to starting position.

Titan Health & Beauty

When it comes to health, Titan Health & Beauty deliver only the very best! With a brand new Bio Impedence Analyser (considered the Gold Standard for over 30 years) we can now offer a personalised and computerised full-body assessment which can tell you the following:

- *How much muscle you have*
- *How much fat you have*
- *How much water your body needs daily*
- *Exactly how many calories you need to eat to lose weight in order to look and feel your best!*
- *How long you need to be on a bike at 10mph to lose 157 calories*
- *How many calories you need on your daily activity to keep your weight stable*

It also provides Dietary Guidelines designed with the advice from the Surgeon General's National Dietary Association.

By knowing where your body is at exactly, you can then tailor your training and diet to get the most out of your membership at Titan Fitness Coogee and get the results you desire. You can then monitor this with regular tracking and make tweaks as necessary! – A very powerful and motivating tool that will ensure success.

Drop in and see **Christine** or call **0413 602 299** to find out more and book in your session today!

WIN a Trip to The
GOLD COAST!



Refer a friend to
Titan Fitness Coogee
Before January 31st and you'll
BOTH have the chance to
WIN a FREE
trip to the sunny Gold
Coast!

Plan a weekend away for you and your
bestie – let us take care of flights and
accommodation!

Call 9665 4058 for more details

OR **JOIN ONLINE** at

www.titanfitness.com.au

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