

Titan NEWS

Welcome to the November newsletter! We thought that by now, we would well and truly be feeling the warmth of Summer. It seems however that even the accuracy of the weather forecasting is difficult to determine. "Sunny with some cloud cover and chance of late showers" is what we're getting used to hearing. At least this covers all bases...right? Well, even if the scorching heat does hit us anytime soon we are ready! In case you haven't noticed, we have had our entire air conditioning system rebuilt and it's DEFINITELY working. We've tried it a couple of times now and it's fantastic. So, for those who have been using the excuse of lacking air con for not doing SPIN...and you know who you are...time's up!

Outdoors, the rain, hail or heat hasn't stopped our Bootcampers battling it out in the local Coogee area. Take a peek at what the Titan troops have been up to by checking out our Facebook page or log onto our website at www.titanfitness.com.au.

In other news, you may notice a few hairy faces walking around the place this month in support of men's depression and Prostate cancer research. This year, Titan Coogee has jumped on the band wagon to help raise much needed funds and awareness for the *Movember* Foundation. YOU CAN HELP by joining our 'How Mo Can You Go' competition. Details of the comp can be viewed on our website as well as in the Member Section below. COME ON, support a bro...grow a mo!

Member in the

SPOTLIGHT



Aaron Lai

Occupation: Fireman

What brought you to Titan Fitness?

My old mate Danny Nelan and because Fitness First was rubbish!

Who inspires you?

My family inspires me the most... Hugh Hefner and Kingy also 😊

What is your ultimate travel destination and why?

I can't go past Vegas seeing as I have travelled there a few times but my ultimate wish would be to travel the world with my mates and party hard! **Favourite food/meal?** I'd say it would just have to be my mum's cooking (aww!)

PERSONAL TRAINER FOCUS



**Matt
Guzzardi**

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pt@mattguzzardi.com
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Qualifications:

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Expertise:

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A complete Diet, Recovery, Physical
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Only \$100!!

Favourite treat? All chocolate and lollies!

Favourite exercise/exercise class and why?

To keep the peace I guess I have to say my favourite class is my brother's circuit and boxing classes!

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

No I don't have a daily routine – I try to mix it up so I'm not getting bored of the same thing.

Tell us a bit about your boxing history, achievements and goals for the future?

I have been boxing for about 3 years. I had 9 amateur fights with 8 wins & have just turned pro this year with 2 fights and 2 wins & hoping for a 3rd in December (whoop whoop go Aaron!). I enjoy all aspects of boxing (training, competing, dieting etc) so until I've realised that I've had enough I will be trying to go as far as I can in the sport. All the dedication that does into it makes it even more enjoyable when you win.

Favourite movie?

'The Hangover' & 'Scarface'

Favourite quote?

"That which does not kill us will only make us stronger" (Friedrich Nietzsche)

What would you do with your last \$10?

Gamble it or give it to someone (aww!)

Any Health Tips?

Everything in moderation is ok.

What would you say

to someone new to

Titan Fitness? Hope

you get member of the month and look for Nathan Lai as a personal trainer haha (aww brotherly love)!



WHAT'S HAPPENING IN THE CLUB



With Kiwi-Kate!!!!

All new PARTY class!
Come shake your groove thang &
burn those calories in time for
Friday night drinks!! 😊

FRIDAYS AT 6PM



When: Tuesdays and Thursdays

Time: 6am – 7am

Duration: 6 weeks (or drop in)

It's a little late to register for the entire course now, but you **CAN** do drop in sessions. As a member you can pay just \$15 per session and

are free to go whenever you like! Non members can join in too, so if you know someone who may need that little push to get moving (even if it's a physical push) we can help!

Starts Tuesday November 1st



For the 'Over 55's', "Heartmoves" is a fun and enjoyable class specifically designed for those who want to take it a little easy. Enjoy a fun class with **Ennio** from the Heart Foundation and get moving at a session you can cope with!



Chinese Whispers?

If you've heard a few whispers down the grape vine lately...they're true. Did you know that as of January, Titan Coogee will be expanding...again! We are super excited to announce that as of January 2012, we will be taking on the Civic Video store on the ground level of Alfreda St and transforming it into Titan HEAVEN!

The biggest and most nail-biting news is that we will be introducing child minding...woohoo!

Further details of what's in store to come in the following weeks.



Nutrition News

Low-Fat Summer Frittata



(using Naturegg liquid egg-whites)

This is a quick and easy summer lunch or light dinner using the all new *Naturegg* liquid eggwhites (which we sell at Titan ☺). Enjoy with a green salad drizzled with a light vinaigrette or a piece of crusty whole grain bread.

Prep Time: 5 minutes **Cook Time:** 7 minutes

Ingredients:

- 1/2 cup liquid egg substitute such as Egg Beaters
- 1/2 cup halved and sliced zucchini (or 1/4 cup each of sliced zucchini and summer squash)
- 1 medium tomato, sliced and deseeded
- 1 tbsp reduced-fat sharp cheddar cheese
- 1 tbsp freshly chopped basil
- Freshly ground black pepper

Method:

Coat a small oven-proof skillet with non-stick cooking spray. Preheat grill.

Gently sauté vegetables and tomato until golden. Pour eggwhites over and around vegetables. Add extra tomato slices on top if desired. Sprinkle with chopped basil. Cook for 3 minutes until frittata is cooked around the edges. Place skillet under grill and grill for 2 minutes, or until frittata is just set and golden around the edges. Sprinkle with freshly ground black pepper. Serves 1

Calories 111, Calories from Fat 15, Total Fat 1.7g (sat 0.9g), Carbohydrate 8.5g, Fibre 2g, Protein 15.5g

Food For Thought



A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... And YES, science now shows carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopene and are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



To be continued!...

Member Section

MARTIAL ART FITNESS & SELF DEFENCE

PRESENTS ON BEHALF OF TITAN FITNESS COOGEE

TAKE CARE BE AWARE



Titan
FITNESS

For more information or to register your interest, speak to any of our friendly reception staff today.

Are you a fan of TITAN FITNESS?

Become a fan! "Like" our facebook page today and keep updated on the latest:



- Training tips
- Nutrition advice
- Special Promotions
- Group Exercise updates
- Photo's
- Social Events

Check out our BRAND NEW website too!

www.titanfitness.com.au

Titan Health and Beauty

Susan and I would like to thank Titan Fitness members, staff and management for their wonderful support and exceptionally warm welcome since opening. We will endeavour to provide a high standard of quality treatments and service with the latest products and knowledge to help you look and feel your best.

Christine, Titan Health & Beauty

This month Susan and Christine are offering Titan members some fantastic savings on permanent hair reduction for your entire body!

You can have a **FREE CONSULTATION** on permanent hair reduction PLUS, the first 15 clients will also receive **HALF PRICE TREATMENTS**. But hurry! Offer expires November 12th.

Wanna get strong, slender and seriously toned?



Try one of our **Body Pump** Classes! Body pump is a barbell class designed to strengthen the entire body and in doing so burn loads of calories! The repetitions are high, the weights are light (unless you want them heavy of course) and the energy is immeasurable! In fact, did you know that from just 60 minutes of Body Pump, you can burn up to

560 calories!

Click [here](#) to view our timetable and find a class time that suits you!



*Need someone to
look after the kids
while you duck
down to the gym or
even go for a nice
night out?*

My name is Lucy and I am a Year 10 student and member of Titan Fitness Coogee. I live in Coogee and do a lot of baby-sitting...I love kids! I look after children from the age of one to the age of thirteen and can do school nights as well as the weekend. My qualifications include my Surf Rescue Certificate (which includes a resuscitation qualification) and completing my Bronze Duke of Edinburgh Award among other school achievements. If you need a sitter, please call me on **9665 4992**.

Have you heard about **MMA for Fitness?** ALL NEW coming to Titan Coogee soon.



- Increase strength and muscular endurance
- FANTASTIC for enhancing weight loss and aerobic capacity
- Full body, high intensity and efficient workout
- Completely NON-CONTACT
- Suitable for ALL genders, ages and fitness levels
- Fun, safe, easy to learn exercise and techniques

Classes starting soon, register your interest at reception TODAY!

MMAX F
MMA FOR FITNESS

Training Tip

Women and Resistance Training

Brought to you by...



All too often when women are presented with the idea of resistance training, it is met with a horrified response of "I don't want to get big and bulky looking!"

Fortunately that will never happen. It is reasonably impossible for a woman to naturally attain the amount of muscularity needed in order to be considered "big and bulky." Women simply don't have high enough levels of testosterone to build copious amounts of muscle.

So, if women cannot physically build muscle with weights, then what is all the fuss about women doing resistance training? How about this, did you know a kilo of muscle burns up to six kilograms of the energy content of fat over the course of a year, simply by being there! And that's not all....

Weight training increases muscle tone, improves bone density to reduce the risk of osteoporosis, improves your body's ability to utilise energy, and is the driving force of your metabolism.

In layman's terms, having a little bit of extra muscle will increase your basal metabolic rate, which means that not only will you burn

more calories in the gym, but also more calories when you are NOT in the gym.

Let's put things into perspective - a kilogram or two of muscle increase throughout the body will hardly make someone look bulky; but, it will provide increased muscle tone and, more importantly, a steady increase in fat loss. Which, let's face it is the predominate goal of most women.

Your weight training program should be complimented with adequate amounts of protein in your diet. This can be through the consumption of lean meats, fish, poultry and/or a good quality protein supplement.

Now that summer is right around the corner, get yourself a weight training program to get you on the beach sooner rather than later!

Competition

NAME OUR CAFE!



Titan Fitness Coogee is getting excited about our lil' café that will be opening in no time!

We are currently searching for a great name for it and thought we'd ask **YOU**, our treasured members, to help us out! Let us know of your most creative and unique suggestions for your chance to WIN some fantastic prizes. Of course, the major prize winner will have the bragging rights to naming our café...not bad hey?

Post your suggestion on our FaceBook page or tell us at reception next time you're in the club.



The Wright Physio is owned and operated by Principal Physiotherapist **Tim Wright**. Established in 2011, The Wright Physio aspires to offer you professional and quality care, with your personal treatment goals the focus of every consultation. The practice specialises in Sporting Injuries and the management of Spinal Pain offering individualised, tailored treatment.

Your physio Tim Wright has played Rugby Union at the elite level in the Super 15's and on the IRB World Rugby Sevens Circuit representing Australia. Throughout his career Tim has personally suffered everything from minor muscle strains to multiple reconstructive surgeries and knows firsthand the focus and dedication required to rehabilitate. Tim has a strong empathy for his patients as he understands the limitations, setbacks and pain of injuries.

The Wright Physio is offering all Titans Members a discounted initial consultation of \$60 (usually \$85)! They will also support you to (if needed) modify your training with the goal to get you back to 100% strength training in no time at all.

Contact Tim for an appointment on (02) 9664 9972 or email tim@thewrightphysio.com.au. You can also check out the website for more details at www.thewrightphysio.com.au.

Shoulder Pain

How it affects your training

Tim Wright, Physio

Shoulder pain including pain travelling down the front and back of the upper arm, is a major issue on the gym floor today. The main reason for this is a phenomenon known as the **mirror effect**. That is we tend to only train the muscles that we see, i.e. more chest than back, and we often forget the stabilising muscles all together.

Unfortunately, the shoulder joint, being a ball and socket joint, requires a hell of a lot of stability especially when lifting weights overhead. Thus, if you are loading the bench press or shoulder press without stability there is a big risk of developing pain.



So what is the answer? It is quite simple!

1. Make sure your training is balanced i.e. as many back exercises as chest exercises.
2. Don't overload your pressing too quickly i.e. slowly increase your weight
3. **If it hurts don't do it!** It will only make it worse.
4. If you're having problems get some treatment. Shoulders are definitely one area of the body that don't improve without specifically working on muscle deficiencies

If you are having issues all our contact details are on our website www.thewrightphysio.com.au.