

# Titan NEWS

Welcome to the May newsletter. Firstly, thank you to everyone who contributed to the \$180 raised for the Heart Foundation in our Easter Raffle. A fantastic result for a great cause! This month we have some great in house events you can participate in and some specials that are EXCLUSIVE to Titan Fitness MEMBERS.

This month we are helping to support Women with Heart Disease by hosting a **FREE FAMILY FUN DAY** that everybody is invited to! Bring your family, friends and work mates and contribute to the growing awareness of Women's Heart Disease (you may even score yourself some awesome FREE stuff!).

**Saturday 28<sup>th</sup>**  
**May**  
**10am – 2pm**

The day will include:

- Chiropractic consultations and massage
- Zumba Demonstrations at 12.00pm
- Yoga Demonstrations
- Raffles and give-a-ways
- \$10 Personal Training sessions
- Jacobs Ladder Challenge (as seen on The Biggest Loser)

**Don't miss out on the Fun!**

## Members in the

### SPOTLIGHT



**Names:** Anthony Arienzone & Tanja Wyss

**Occupation:** Business Development Manager in IT.

**What brought you to Titan Fitness?** James Raftos told us to come to Titans as we weren't happy at our previous gym.

**Who inspires you?** My Grandmother, she is an independent 90year old who brought up 7kids. Also Nelson Mandela.

**Favorite exercise:** Sky Diving and Sprinting.

**Have you got a daily exercise routine that you follow to keep in shape?** Anthony does weights three times a week, sprinting twice a week and boxing every Sunday. Tanja likes to change her routine because she is easily bored.

**Have you ever entered any sporting events for personal challenge?** Anthony - Rugby League and Sprinting. Tanja - Body Sculpting, Hockey, Squash and Sprinting for Zimbabwe.

**Any health tips?** Look after yourself and train hard. Eat everything in moderation and do the exercise that you love and enjoy.

**Favorite Supplement:** ICE Whey.

# PERSONAL TRAINER FOCUS

**Books that you recommend in reading?** Marching Power, by Rusty Young. The Road Less Traveled, by M. Scott Peck.

**Ultimate travel destination:** Italy, around the world trip.

**Favorite food- favorite treat:** Pizza, Pasta and CHOCOLATE!

**What would you do with your last \$10?** Anthony - Put it in my piggy bank. Tanja - Buy Chocolate.

**Favorite movie:** The Godfather and Top Gun.

**Favorite quote:** Anthony - "Rome wasn't built in a Day". Tanja - "Carpe Diem".

CONGRATULATIONS  
to Tanja who won our  
Easter Raffle with the  
closest guess of  
291...3 off the right  
answer of 288!



*David  
Collins*

**Areas of Expertise:**

- ✓ Nutrition
- ✓ Weight loss
- ✓ Muscle toning

**Qualifications:**

Cert III & IV in Fitness

**Tell us a little about yourself...** I have successfully been a Personal Trainer since 2009 in Adelaide and in Hobart, Tasmania.

I believe that personal training in the gym can help shape your body and teach you good habits in fitness.

I absolutely love going to the gym to work out and I also love coming up with new combinations of exercise to motivate, inspire and change the way people train.

David is offering a Personal Training special this month:

**1 Hr Personal Training Session  
for only \$49.00**

Contact David on:

**0405 808 379**

& book your session today!



## Super sets

*Brought to you by David Collins*

**What is a superset?** A superset is when two exercises are performed in a row without stopping.

Start by warming up with a set of 15 chin ups on the *Life Fitness Assisted Chin/Dip machine* and 15 push-ups.



Follow this with 3 sets of 25 reps alternating between chin-ups and push-ups. For the push-ups, try to do as many as you can on your toes before dropping your knees down for more assistance.

## WHATS HAPPENING IN COOGEE

*SPRINT Training with*

# Brian Johnston



Are you looking to improve your cardiovascular fitness, muscular strength and definition? If so, you should try sprint training with Brian Johnston right outside the gym on the luscious grounds of

Coogee Oval.

Each Sunday you can join former St George Rugby League great BRIAN JOHNSTON and other Coogee locals in FREE sprint training and technique correction. Increase your strength, improve your fitness all while having FUN...for any age and ability. All you have to do is show up and say you're from Titans!

**When:** Sunday mornings

8am – 8:45am

**Where:** Coogee Oval

**Cost:** FREE

**How:** Simply show up!

## WHATS HAPPENING IN THE CLUB

Members Social at **THE LOFT**

Thank you to everyone that attended our social night at The Loft in Darling Harbour. We all had a great time & are already planning our next event...so stay tuned!

Sally takes on the INBA

### *Sports Model Challenge*

Valued staff member, qualified Personal Trainer and fantastic Group Exercise Instructor **Sally Matterson** will be competing in the up and coming INBA Natural Physique Championships & Australian Qualifier.



**DATE:** MAY 15<sup>TH</sup>

**LOCATION:** Castle Hill RSL club

**TIME:** 11am – 5pm

## Member SHOUT OUT!!!

A HUGE congratulations goes to **KARINNE BRANNIGAN** who broke the Titan Fitness record for longest time spent on the Jacob's Ladder...60 minutes, non-stop!

Also deserving a mention is **MEL SIMMONS** who completed the '1000 workout'... 1000 reps in 44 minutes and 30 seconds. The workout included 100 shuttle runs, TRX pull-ups, v-sits, squats, KB swings, rope climber, Mt climbers, dips, DB punches and reverse crunches. Good work girls, GREAT training **Danas** ... next time YOU need a challenge give him a call **0424 647 222**.

# NEW! MATRIX KRANK CYCLES



Have you noticed our new Matrix KRANK CYCLES in the club lately? They're FANTASTIC for providing a new way to build aerobic capacity

and upper body strength while burning calories and building core stability at the same time. Since Kranking utilises the upper body instead of the legs, it represents a



unique cross-training opportunity for athletes of all types.

What's the best part?! They're FUN and easy to use...have a look and see how easy it is:

[http://www.krankcycle.com/press\\_videos.html](http://www.krankcycle.com/press_videos.html)

Try Kranking for yourself or participate in one of our Total Body Crossfit Classes for a taste of the newest fitness craze!

Feel free to ask one of the Personal Trainers or ask at reception for more information or instruction!



## 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

# Nutrition News

## Carrot and Ginger Juice

As we move into Autumn and the nights are getting cooler, a great way to help keep you warm is by incorporating raw veggies into your diet. GINGER is a warming and circulatory stimulating herb and it has been suggested that having it in the morning helps to spread warmth through your body for the whole day. Carrots are also a great winter food that protect our eyesight, regulate our blood sugar and have anti-cancer properties.

### Ingredients:

- 1 apple
- 1 carrot
- 1 small beetroot with tops
- 1 small knob of ginger (or more to taste)



Blend all ingredients and drink...mm mmm!

# Member Section

To thank you for being a valuable part of our Titan family, we want to reward you with some great savings! All you have to do to receive the discount is flash your Titan Key Tag!

## COOGEE PHYSIO

Coogee Physio has been providing high quality physiotherapy and health related services to individuals and the local community for the past 25 years. This month you can receive **\$10 off your initial consultation** simply by showing your Titan keytag. Great!



**Location:**  
8 Malabar Rd  
South Coogee  
(02) 9665 7658

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## COOGEE CAFÉ

Warm and Comfortable. Full and satisfied. That's just in the Winter time! Great for breakfast meetings, catching up with friends over lunch during the week or the weekend Coogee Café is one of Coogee's favourite café settings. Show your keytag in May to receive **10% off** your final bill.

**Location:**  
221 Coogee Bay Rd  
Coogee  
(02) 9665 5779



## Q & A

Do you have any questions you want or need answering? **SEND THEM THROUGH** to [admin@titanfitnesscoogee.com.au](mailto:admin@titanfitnesscoogee.com.au) and we'll answer them in the following month's newsletter.

This month, we decided to publish a question from a long standing member who emailed through the following:

**Q:** What is the best way to get well defined abdominal muscles? (*Karen. Member since 2009*)

**A:** Karen, I am not sure if you will like the answer to this question or not but I have one word for you....DIET, DIET AND DIET. I know that was 3 but it emphasises our point. You can do 100 crunches per day with no result if the diets not right.

Our biggest piece of advice is monitoring your sugars/carbohydrates. Simple carbohydrates, like the kind in foods made with sugar and flour cause blood sugar spikes.

This causes our bodies to produce insulin. Body fat can only be stored when your body has insulin, so minimising the production of insulin helps reduce belly fat. Good luck!

