

# Titan NEWS

Welcome to the September newsletter!

We are all happy spring has finally sprung! Of course, the onset of warmer weather also brings with it a certain form of hysteria – a mad dash to get that winter body beach ready! We've noticed that everyone has picked up their game in the gym over the past few weeks and we are loving it!

However, with more and more people participating in classes and training on the gym floor, we ask all members to be respectful of our gym policies and remember to bring and use a towel each time you train. Even if you're one of the special few that don't sweat, you wouldn't want to put your face where someone's sweaty booty has just been, would you? Don't stress though, if you forget your towel we have some here for you to hire for only \$3...less than a Happy Meal! Let's maintain the fresh, friendly and community vibe we have going on in here – please consider others and remember to unload your weights from machines after use.

In other news, we are happy to announce that Titan Fitness Coogee is EXPANDING! Over the next few weeks you will be introduced to *Titan Health and Beauty* and *Self Defence* courses for women and children. These are just two of the ways we're striving to make Titan Fitness Coogee your favourite place to be ☺  
Let us know how we're doing so far!

[www.titanfitness.com.au](http://www.titanfitness.com.au)

Member in the

## SPOTLIGHT



Elizabeth Sloane

**Occupation:** Mothercraft Nurse

**What brought you to Titan Fitness:**

I was a member of the previous gym before it became Titan Fitness Coogee.

**What has kept you at Titans?**

I had made friends at the old gym so we rejoined together.

**Who inspires you?**

The Doctors and Nurses who work with the very sick kids in I.C.U – They are SAINTS!

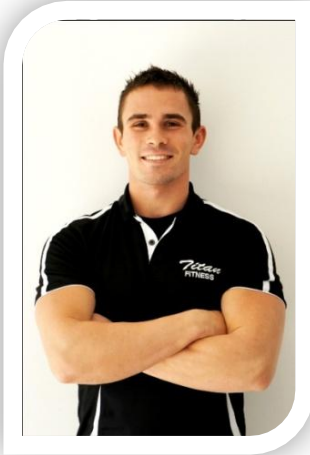
**Do you support any charities/not-for-profit organisations?** Yes I support *Diabetes*

*Australia*. Our youngest was diagnosed with

(02) 9665 4058

[admin@titanfitnesscoogee.com.au](mailto:admin@titanfitnesscoogee.com.au)

# PERSONAL TRAINER FOCUS



## Anthony Toth

0405 703 832

[anthony.toth@hotmail.com](mailto:anthony.toth@hotmail.com)

### Qualifications:

- *Cert III and IV*
- *Senior First Aid*
- *Kettlebell Instructor*
- *Fitkids Instructor*
- *Crossfit Endurance and Sprint Coach*
- *Biosignature Practitioner*
- *Punchfit Coach*

### Expertise:

- *Reducing Body Fat Percentage*
- *Weight Loss/Gain*
- *Plyometrics*
- *Strength and Conditioning*
- *Core and Stabilizers*
- *Nutrition*
- *Goal Setting*
- *Goal Specific Preparation and Achievement*
- *High Performance Sport Conditioning*
- *Children and Youth Training*

**EVERYTHING is possible, so start working on the IMPOSSIBLE right now!**

Type I Diabetes two years ago. I am hoping that with more funding and research they may find a cure.

**What is your ultimate travel destination and why?** Anywhere that my three beautiful boys are. Oh...and my hubby! ☺

**Favourite food/meal?**

Sushi!

**Favourite treat?** Sleep!  
(I work night duty)

**Favourite exercise/exercise class and why?**

I have to say Pilates – Pete, our instructor, is fantastic!

**Do you have a daily exercise routine that you follow to keep in shape?** I try to go to the gym most days for an hour or so.

**What is your greatest achievement?** Too many to mention... Ha ha!!

**Books that you recommend reading?** Anything about travel.

**Favourite movie?** Not really a movie, but I enjoy 'Australian Story', ABC

**What would you do with your last \$10?** Give it to *Diabetes Australia*.

**Any Health Tips?** The three C's: CALM, COMMITTED and CONSISTENT!

**What would you say to someone new to Titan Fitness?**  
Enjoy!



## WHAT'S HAPPENING IN COOGEE

### SYDNEY SPORTS COAST DESIGN



**Sunday 25<sup>th</sup>  
September  
9am – 5pm**

The Sydney Sports Coast Design is a initiative of Randwick City Tourism that showcases our beautiful coastline and encourages designers to employ their design skills and gain exposure within the industry. Designers are encouraged to take inspiration from the natural and built environments of the Randwick coastal region to create either a functional or visual design that captures the beauty of the Sports Coast. With \$3000 in prize money up for grabs, there's bound to be tough competition! The winner will be announced on the event day.

Titan Fitness is proud to support this event and will have a presence on the day! Come and see us at our tent OR participate in one of the Zumba demonstrations that we will be leading! If we see you and you're wearing one of our Titan Fitness T-shirts, we'll give you a Limited Addition Titan T-shirt for **FREE!** (subject to availability) Go on, get involved! We hope to see you all there 😊

## WHAT'S HAPPENING IN THE CLUB

Coming in October, Titan Coogee is proud to present a BRAND NEW and SERIOUSLY EXCITING addition to our facility.

*Titan Health and Beauty* is an upscale beauty clinic offering three treatment rooms. Catering for both men and women, our qualified aestheticians offer the latest in medical grade anti-aging products, skin and body treatments and anti-aging therapies. The clinic will also offer massage, ultra-sonic deep cleansing treatments, specialised natural facials using fruit, clay, yoghurt and essential oils, grape and glycolic fruit treatments for the improvement of fine lines and wrinkles, pigmentation and skin rejuvenation.

*Titan Health and Beauty* also offer Derma-Pen Needling Pen for skin tightening, acne scarring, wrinkles and fine lines, minimization of pore size, stretch marks and treating alopecia. One of the most exciting aspects of the clinic is the TGA approved Cutera laser unit arriving from San Francisco in October. This unit is ideal for hair removal, facial rejuvenation, skin tightening, red vein treatment and pigmentation.



**Please see the attached coupon for your  
EXCLUSIVE member discount offer**

September 2011

## Self Defence Course

That's right...we will be running an exclusive ladies and children's self defence course during the month of October.



## IS RETURNING!

Did you know you can burn over 500 calories in this high-energy Group Exercise class? We figured that with summer just around the corner, Body Attack would be the perfect addition to your current gym routine and help you get one step closer to hitting the sand in that polka-dot bikini (or speedo's)!

Keep your ears and eyes peeled for the return of this fun, classic aerobics-style class starting back up in September.

## 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.

[www.titanfitness.com.au](http://www.titanfitness.com.au)

## TF BOOTCAMP IS BACK!

Spring also sees the return of resident Sergeant Nathan and his intense (but fun) bootcamp sessions. Sgt. Nath sends his troops up and down some of the steepest hills in Coogee, motivating every recruit to reach their fitness goals each session afternoon.

Last Summer our Bootcamp sessions were on Monday afternoons. This year we're leaving it open for you to suggest a day and time that suits you! Perhaps you would prefer a morning session, or a weekend workout? Either send us an email to [admin@titanfitnesscoogee.com.au](mailto:admin@titanfitnesscoogee.com.au) or tell us next time you're in the club.

(02) 9665 4058

[admin@titanfitnesscoogee.com.au](mailto:admin@titanfitnesscoogee.com.au)

# Nutrition News

## Homemade Protein Bars

Courtesy of [www.alexliska.com](http://www.alexliska.com)

***Makes for a quick and easy snack on your way to the gym, between meals or even as a light meal replacement!!!***

### **Ingredients:**

- 1 cup Unsweetened Cocoa Powder
- 4 scoops Chocolate Protein Powder
- ¾ cup Ground Flaxseeds
- 3 Tbs Quick Oats
- 2 tsp Baking Powder
- ¼ tsp Sea Salt
- 5 Stevia (or 1 cup of Splenda) sachets
- ¾ cup Shredded Unsweetened Coconut
- 6 Egg Whites
- ½ cup Coconut Oil
- ½ cup Filtered Water
- ½ cup Skim Milk
- ½ cup Plain or Vanilla Fat-Free Yoghurt
- ¾ cup No-Sugar-Added Cranberries (the frozen kind usually don't have added sugar)

### **Method:**

1. Pre-heat oven to 180 degrees Celcius. In a medium sized bowl combine all the dry ingredients (cocoa powder, baking powder, shredded coconut, oats,

- flaxseeds, splenda/stevia, sea salt and protein powder).
2. Add the egg whites and begin to mix with a fork.
3. Add the coconut oil and continue to mix very well whilst slowly adding liquids (filtered water and skim milk). Ensure there are no lumps in the mixture.
4. Add in the yoghurt and continue to mix whilst adding the cranberries.
5. Pour the mixture into a large greased (grease with coconut oil) baking pan. Bake for 20-30 minutes or until you can easily place a toothpick through the bars and test that they are fully cooked... ENJOY!



### **MAKES ABOUT 12 PROTEIN BARS**

***Each bar contains roughly 16g of Protein, less than 5g of Fat/Carbs, High in Antioxidants, Flavonoids and Fibre and they taste great!***

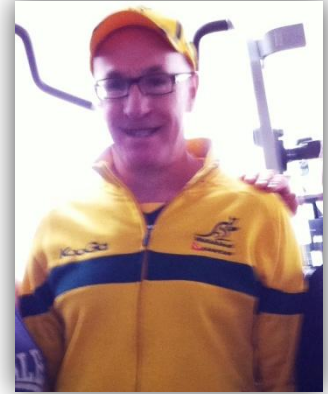
*If you have any healthy recipes that you would like to share with us and your fellow Titan-ers, please feel free to email them through to [admin@titanfitnesscoogee.com.au](mailto:admin@titanfitnesscoogee.com.au) and we'll gladly post them.*

## Member Section

In case you've been living in a cave for the past few weeks (or you don't watch or care about anything sport-related), you would be aware that after a decade-long drought, the Australian Wallabies pulled together to defeat New Zealand to claim the Tri Nations Title.



This month, we caught up with PETER HARDING to see what's so special about being an ARU Wallabies Strength and Conditioning Coach.



1. What does a typical Wallaby training schedule look like?

Monday: Medicals, Upper Body strength training and a skill flush session

Tuesday: Team Training, and Lower Body Strength training

Wednesday: Recover

Thursday: Team Training, and Explosive Strength Training

Friday: Captains Run

Saturday: Game Day

Sunday: Travel Day

2. How often do the boys train leading up to the World Cup?

4 x Run sessions

3 x Strength and Speed Training

3. What are 5 standard exercises that are always included in the player's routine?

• Squat • Power Clean (Snatch) • Bench Press variations • Chin ups • Plank.

4. Can you describe the typical type of training for the forwards and for the backs?

Inside Backs: These guys typically perform higher repetitions than the others.

Tight 5: Their training is usually more static than the others.

Outside: They perform very dynamic exercises.

This is only one theme that may be used but obviously we make changes to cater for individual needs.

5. What do you think is the best compound exercise?

The squat is probably the best exercise you can do for yourself. I often recommend squatting to the point of being parallel to the floor as it teaches control and proper technique; but, if you have mastered your technique, there is nothing wrong with squatting to the floor.

6. What injury prevention exercises do you prescribe?

We asses all the players before they start their weight training program and identify weak points individual players may have. We prescribe specific exercises to address those weak points and the players start each training session with these exercises.

7. How will the boy's training change for the World Cup?

It won't change a lot – we'll continue to train hard and focus on explosive exercises.

8. Which Wallaby is the hardest worker in the gym?

Everybody prepares really well – they know they need to work hard at this level because the consequences of falling behind can be dangerous. All the players are very motivated – if anything, we (as coaching staff) need to pull in the reins!

9. Who can bench press the most?

Tatafu Polota-Nau

10. Leg press?

There are a few boys who can press 600kg (4 reps).

11. Do the Wallabies follow a particular diet?

The players expend a lot of energy every day so their daily caloric intake is typically around 5000 calories. In terms of the foods that they eat, we don't try to limit their carbohydrate or sugar intake because this gives them the energy they need to perform work. The players do follow a reasonably low fat diet and the quality of the food they eat is high. Essentially, they follow a healthy, and balanced diet – they just eat a lot more than most!

So, now you know what it's like to train like a wallaby, here's what Quade Cooper had to say when we asked him a couple of questions...well, let's be realistic, the more time we could spend with him the better so we asked him more than a couple!

## QUADE COOPER



Height: 186cm  
Weight: 92.5kg's  
DOB: 05/04/88

New Zealand born Quade Cooper began his rugby career at the ripe old age of 15 when he was picked up by the ARU-funded National

Talent Squad. In 2007 (his first year out of high school) Quade's professional career took off with the Queensland Reds. He was just 18. He was last year named Australia's Super Rugby Player of the year and is viewed as a pivotal player in the 2011 Wallabies backline. He is currently dating Australian swim-star Stephanie Rice.

**Which position do you play?** Fly Half

**How long have you played for the Wallabies?**  
4 years.

**What is your most favourite exercise?** Abs

**What is your least favourite exercise?** Squats

**What do you do when you're not playing rugby?** Shop!

**What's your favourite food?** Sushi and Turkish food. I hate stews.

**Who was your childhood hero?** Michael Jordan.

**What are you afraid of?** Heights and spiders.

**Which team are you most looking forward to playing against in the World Cup?** All Blacks!!!

**What do you like about training at Titan Fitness Coogee?** Friendly people and good set up.

**Would you recommend Titan Fitness to your friends, family or fans?** YES! For the above reasons.



*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**.

## Titan Healthy

One of the hardest things for a lot of people is knowing what to eat when they are hungry in between meals. Knowing what to eat when you have a goal weight in mind is crucial. If you eat healthy for your major/main meals of the day but snack on the wrong foods or even worse STARVE because you're afraid to eat, it can mentally and physically put a damper on your training and eating regimens.

Here is a basic list of **10 Light and EASY snack foods** that are low in carbs, moderate-high in protein and low in fat so that you don't have to feel guilty. What's best is that you can satisfy your cravings before they EVOLVE into a massive hunger attack!!

1. **1/2 cup Fat-Free Cottage Cheese with 1 tsp Cinnamon, 1 tsp. Vanilla Extract and 1/2-1 sachet of Stevia (All-Natural Herbal Sweetener)**
2. **1/2 cup Fat-Free Yoghurt with 1/2-1 scoop of low-carb Whey Protein**
3. **1 cup Celery Stalks with 1 tbsp of All-Natural Almond Butter (This snack is not high in protein but is quite filling and nutritious).**
4. **30 grams of 85-90% Cocoa Dark Chocolate with 10 plain Almonds and 1 glass of skim milk.(High in Antioxidants, Flavonoids,**
5. **1-2 Slices Fat-Free Cheese with 1 cup of Cucumbers and Cherry tomatoes (half of each).**
6. **1/2 can of rinsed Tuna with 1 tbsp lemon juice, 1 tsp Extra Virgin Olive Oil and 1 cup Celery/Cucumber/Lettuce/Cut green beans (any green of your choice!).**
7. **1/2 Scoop of Whey Protein (10-15 grams) mixed in Water with 5-10 almonds on the side. (This is a good snack for those that are focusing on a diet that is high in protein)**
8. **1/2 cup of Plain Yogurt (Fat-Free) or Cottage Cheese (0-1%) with 1/2 cup of Frozen Unsweetened Cranberries (Very Nutritious and LOW in sugar). Since Cranberries are quite tart you can add Stevia to make it taste more like a dessert.**
9. **1/2 Cooked/Grilled/Sauteed Chicken Breast accompanied by a Pickle! (Healthy, Low fat, Moderate protein and the acidity of the pickle makes this quite filling and will kill any major cravings instantly!)**
10. **10 grams Partly Skimmed Mozzarella Cheese with a Handful of Sundried Tomatoes (the kind that comes in a bag, not the oil-packed ones in the glass bottle, those are better for salads/main dishes than snacks)**

