

Now is The Time

- ◆ Time to breath, laugh and feel great.
- ◆ Time to keep all those promises you made yourself (and your Mum) about looking after yourself better.
- ◆ Time to find the best in you!

Set aside some time to invest in your well being. Unlike the banks, for as little as 45 minutes per week, I will guarantee a return on your investment.



Life is a promise. Fulfill it.



Personal Training Sessions and Group Circuit Classes commence Monday 2nd February 2009.

All sessions focus on functional fitness and fun, utilising GYMSTICK™ training exercises.

Term (10 week) discount packages available.

Email Wombat@winthropdc.com or phone Jennifer (0410 499 464) to organise a time now.

GYMSTICK™
simply effective



Work Out My Butt Abs & Thighs

PO Box 4279 Myaree WA 6960 - Phone: 0410 499 464 - email: wombat@winthropdc.com

Winthrop Dexterity Consultants Pty Ltd (ACN: 066 742 452) as trustee for The D & J Musgrave Family Trust (ABN: 99 549 336 945) trading as Wombat Fitness (BN: 11175898)

Use it or Loose It

Did you know that one of the key reasons we start to feel old is because our muscles start to lose strength and size? This results in day to day activities such as lifting shopping and getting out of a chair becoming more difficult and tiring.

On average, muscle strength will decrease by 1-2% per year from the age of 20 years. This rate increases in women after menopause. Muscle atrophy is caused by a number of factors working in combination, including:

- A reduction in the size of individual muscle fibres.
- A reduction in the number of muscle fibres.
- The energy 'powerhouse' within each muscle cell, called the mitochondria, reduces its output.

The good news is that researchers have discovered that when you stress old muscle in the test tube, old mitochondria seem to be hoovered up, and refreshed muscle grows back. The same thing happens when muscles in our body are subjected to weight training (stressed) – "younger" muscle grow back!

Exercise can not only prevent many of the age-related changes to muscles, bones and joints, but can reverse these changes too. It's never too late, or too early, to start living an active lifestyle.

Be like a wombat; strong, stable and surprisingly swift.

References:

Ageing - muscles bones and joints, Better Health Channel;

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Ageing_muscles_bones_and_joints?OpenDocument

Weight training: the elixir of youth, by Dr Norman Swan;

<http://www.abc.net.au/health/minutes/stories/2008/07/07/2296171.htm>

Healthy Fruit Slice

Ingredients

- 1 Cup Wholemeal Flour
- 1 Cup Unprocessed Bran
- 1 Cup Brown Sugar
- 1 Cup Mixed, chopped fruit and nuts – sultanas, raisins, etc.
- 1 Cup Milk

Method

- 1) Combine all ingredients and press into a slice tray.
- 2) Bake at 180° for 40 minutes.
- 3) Enjoy.



Sign up NOW and receive a FREE Pedometer*



* While stocks last. Conditions apply

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