



## THANK YOU

### Breast Cancer Awareness

We would like to express our thanks to everyone for your participation in our major fundraising month. As yet we do not have final figures but we will get all the details out as soon as possible.

The funds raised during this last month will all be used to further the fight against Breast Cancer and maybe one day a cure may be found.

All 3 gyms held a very success full Girls Night In, Pink Tea Party and open day for men and great fun was had by all. Our thanks once again to all our members and sponsors, without you, all our efforts would be in vain.

The Breast Cancer Van, sponsored by Avon Justine and Curves, visited the Brackenfell, Sonstraal Heights and Edgemead areas and we met 2 of the wonderful ladies who travel around with the van spreading the word about breast cancer and teaching and counselling those with whom they come in contact.

Their success stories gave us added vigour as far as our efforts were concerned and made us aware once again of how important it is that we continue in our strife to keep, and grow, this worthy cause.



## NOVEMBER - DIABETES AWARENESS MONTH

**What is your Body Fat?** Body fat measurements and the measuring tape are recognized as superior methods for measuring "weight loss". When one declares that they want to "lose weight", what they often mean is that they want to lose fat. So, now that you've had your body fat percentage measured, what does the number really mean? First, your body fat percentage is simply the percentage of fat your body contains. If you are 80 kilograms and 25% fat, it means that your body consists of 20 kilograms fat and 60 kilogram lean body mass (bone, muscle, organ tissue, blood and everything else).



A certain amount of fat is essential to bodily functions. Fat regulates body temperature, cushions and insulates organs and tissues and is the main form of the body's energy storage. The following table describes body fat ranges and their associated categories:

Women

Age	Superior	Excellent	Good	Fair	Poor	Very Poor
20 - 29	5.4% - 16%	17.1 - 19.8%	20.5 - 22.7%	23.7 - 26.5%	27.7 - 32.1%	35.4 - 40.5%
30 - 39	7.3 - 16.9%	18.0 - 20.8%	21.6 - 24.0%	24.9 - 28.1%	29.3 - 32.6%	35.7 - 40.0%
40 - 49	11.8 - 20.3%	21.3 - 24.3%	24.9 - 27.3%	28.1 - 31.1%	32.1 - 35.0%	37.8 - 45.5%
50 - 59	11.8 - 23.6%	25.0 - 27.4%	28.5 - 30.8%	31.6 - 34.3%	35.5 - 37.9%	39.6 - 50.8%
60+	15.4 - 23.5%	25.1 - 28.5%	29.3 - 31.8%	32.5 - 36.5%	36.6 - 39.3%	40.5 - 47.0%



## Why should you exercise at least 3 times a week?

Most people join a gym either to lose weight or to get fitter.

### How will weight loss be affected by the amount of workouts?

When you start an exercise program, the body is not sure what is expected and produces energy by burning any glucose in the blood first and then any glycogen in the liver. Should you exercise again, a day or 2 later, it will recognize the feeling and react by starting to burn a little fat so as to keep some glycogen in reserve for later. As long as you keep this pattern up, you are teaching your body that an effective way to produce energy, is to burn body fat.

You are teaching it to become a **fat burning machine**.

Skip 3 or 4 days between each exercise session and the body reverts back to just burning glucose and glycogen.

### How will your fitness level be affected by the amount of workouts?

Each time you exercise the little muscle fibres break down and then rebuild in a stronger format. If this does not occur within a short time-frame, the fibres always start in a weakened state and the former strength is lost. It is as if the body always does the classic of "one step forward, two steps back" instead of improving as if one was climbing up stairs, one step at a time.

### Consider this extract from the Heart and Stroke Foundation of South Africa:

The heart is a muscle and needs exercise to stay fit and healthy. The heart of someone who exercises regularly will beat 45-50 times per minute compared to someone who does not exercise regularly whose heart will beat 70-75 times per minute. This means 36 000 extra beats per day and 13 million extra beats every year.

## How much exercise do I need?

To help your heart, exercise should be constant and last long enough to increase the blood flow to the muscles. Start slowly and increase your intensity levels (time and frequency) as your heart gets stronger.

The four important aspects of exercise are FITT:

**Frequency:** regular exercise is of extreme importance at least 5 times per week! Try to spread it out throughout the week for the best results.

**Intensity:** start slowly and gradually increase the pace to a level where the heart and breathing rates are increased enough to make you sweat. Another way of monitoring exercise intensity is to use the 'talk test' i.e. when exercising, you should be able to talk throughout the workout. Another guideline is to exercise at 60-80% of maximum heart rate.

**Time:** try to keep moving without interruption for at least 15 minutes and build it up to at least 30 minutes OR try to accumulate at least 30 minutes of exercise during the day (3 shorter walks are just as beneficial as 1 long walk).

**Type:** Choose an exercise program which includes cardio-vascular (exercising the heart muscles), strength training (overloading the muscles and strengthening the bones) and flexibility movements (protecting the movement of the limbs)



If you bought a pink pig and would like to donate the contents to The Breast Health Foundation, would you please bring him/her back as soon as possible as we need to finalise the amount raised and bank for the Foundation



*The Butterfly Effect* is where every decision and action you make in life matters, not only today, but for the future. When you understand that every action matters, every result of our actions immediately improves! A life of permanent purpose will make you a better parent, a better spouse and a more valuable friend. *The Butterfly Effect* illustrates the unique power of the individual. You have been created as one of a kind...to make a difference. You have the power to change the world. What you do with your life matters, not only today, it matters forever.



## POWER HOUR WITH JAN

For the next 4 weeks I am inviting you to join me for a walk either after or before your workout or even instead of a workout. Starting on 16 November and finishing 7 December, once a week, I will be taking a group on a walk from the club, around the neighborhood. We will start off with an approximately 3km distance and build it up a little each week. Wear comfortable tackies and if hot, wear a cap and bring a water bottle. If this is well supported, we will continue again after Christmas and maybe introduce a morning group too. A chance to burn more calories, start a new challenge, meet new friends, get outdoors and do it together!

Brackenfell:

Wednesday 5.30pm ( 16, 23, 30 Nov and 7 Dec )

Please let a staff member know if you would like to join me.



### “TIME YOUR PORTIONS”

To achieve a better balanced diet, picture your plate as a clock. Fill the first 10 minutes of the plate with lean protein, such as fish, grilled chicken or eggs. Whole grains should take up the next 20 minutes. Round the last 30 minutes with vegetables, fruits and healthy fats ( nuts ). Top off each meal with a glass of fat-free milk.



## HOW STRONG IS YOUR UPPER BODY?

### Push Up Test

How many can you do? Men should use the standard "military style" pushup position with only the hands and the toes touching the floor. Women have the additional option of using the "bent knee" position.

To do this, kneel on the floor, hands on either side of the chest and keep your back straight. Do as many push ups as possible until exhaustion. Count the total number of pushups performed.

Use the chart in the gym to find out how you rate.



### Vote for Table Mountain



Do your bit for Cape Town Tourism and join Madiba and Bishop Tutu and vote for Table Mountain to be one of the New Seven Wonders of Nature.

This global competition closes on 11 November 2011 and to vote SMS "Table" to 34874 @ R2 an SMS, or visit [www.votefortablemountain.com](http://www.votefortablemountain.com)



## Visit Ina Paarman's Garden this December

Situated on the Constantia Wine Route and overlooking the vineyards is the magnificent 5 acre Cape Garden belonging to Ina Paarman. This garden will be open to the public on The Annual Open Garden Day held on the **9th and 10th December 2011** only.

A donation of R25 is payable at the entrance which goes towards Girls and Boys Town. They work on a system of invitations, due to limited parking on the property and for security reasons. If you want to get your name on the list, email [ina@paarman.co.za](mailto:ina@paarman.co.za) or visit [www.paarman.co.za](http://www.paarman.co.za) Horticulturist, Nikki de Lange will be present to answer any plant related questions and point out the various walks through the garden.

### fitflop Promotion

12 times a month for 2 months gets you a chance to win a pair of fitflops make sure you keep up the workouts and remember to weigh and measure each month. This promotion finishes on 17 December.

I read this article that said the typical symptoms of stress are: eating too much, impulse buying, and driving too fast. Are they kidding? That is my idea of a perfect day.



This month's  
Losers League Star:

**Ann Cockrell**



and

Top Attendee



**Bianca Marais**

Did you Know?

Feta cheese is a good substitute for goat's cheese in recipes as they're both soft, salty and fairly strong in flavour.

