

ISSUE 7  
MAY 2009

## RESULTS!



Kiss your butt  
goodbye!



10 Week Challenge

NEXT RESULTS  
CHALLENGE

STARTS

16th JUNE

BOOK NOW!

LIMITED SPACES

### EXERCISE TIPS

"For effective fat loss in a short amount of time, ensure you choose an activity that can fire up the metabolism. Resistance training exercises that involve several muscle groups at once i.e. compound exercises, e.g. squats, lunges, chin ups or push ups are very effective.

If you push your sets to fatigue you will benefit from an increase in metabolism for hours after the workout. When performing cardio, Interval Training is the best method for increasing your fitness and therefore reducing body fat. So instead of remaining in a steady zone, try 1 minute moderate pace followed by 30 seconds of intense pace. Please be aware that the above advice is only applicable to those members who have been screened by a medical professional and have been cleared for intense exercise."

By **Rob Deryshire**

Exercise specialist &  
Consultant for the  
RESULTS Challenge.

## CRUNCH CHALLENGERS 'RAISE THE BAR!'

The last group of ladies to complete the RESULTS 10 Week Challenge really 'Raised the Bar!' The staff would like to congratulate all of the participants for embracing the information that was given to them and then putting it into practice with gusto. We all feel so proud of you and your results were amazing! Each group that has completed the Challenge so far has done well.....but this group did exceptionally well! Deb Melkie lost 6.5kg, Brooke Mieluk lost 6.3kg, Natasha Roussel lost 6.4kg and most of the rest of the group lost between 3 and 6kg.

It was hard to pick 'winners' within this group but enthusiasm and body stats combined did produce some shining examples. As you can see, **we did not choose by weight loss alone**—the three winners changed their whole body shape!!!

Very well done to our top three ladies!

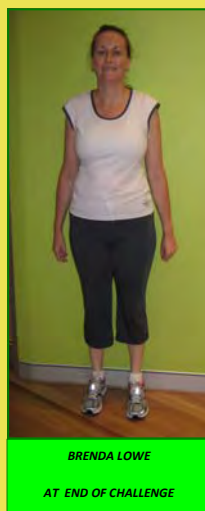
**1st Place: Brenda Lowe** Lost: 11.3kg, 55.2 total cm's lost & 7.5% body fat!

**2nd Place: Kathryn Yeates** Lost: 5.4kg, 74.4 total cm's lost & 5.1% body fat.

**3rd Place: Amanda Hitchenor** Lost: 3.5kg, 45.4 total cm's lost & 2.9% body fat.



BRENDA LOWE  
AT START OF CHALLENGE



BRENDA LOWE  
AT END OF CHALLENGE

LOOK AT WHAT BRENDA ACHIEVED IN 10 WEEKS!

Here is what Brenda had to say.... *After Christmas 2008, my weight had climbed to the highest it had ever been. So, I signed up for the Crunch 10 Week Challenge. I didn't know much about what was involved but I decided it was worth a try.*

*Like lots of people, I have lost weight many times, only to put it back on again. I had reached the stage where I decided I would give it one last attempt and if that didn't work, then I would just put up with being overweight.*

*When I first got the eating plan, I must admit that it looked a little daunting. However, after a couple of weeks it got easier to manage. As a result, I have now started cooking low fat meals and packing lunch and snacks for work every day. It's all*

*but being organised and you get used to it after a while. I also decided to give up alcohol and coffee during the Challenge. I am proud to say that I didn't cheat once! I miss coffee the most—more from a social/ habit perspective than anything else.*

*Most weeks, I managed to fit in the five workout sessions but not always my Challenge gym program which I was supposed to do 2 times per week. If I was short of time, I would just do 30—45 mins walking/jogging on the treadmill, rather than opting out and doing nothing. I attended Boot Camp twice per week. This was tough as I was getting up at 5.30am instead of my normal 7am!*

*I got a cold half way through the Challenge but I didn't let that stop me and continued to exercise at a reduced level and ate the right things. I stayed determined throughout the Challenge by focusing on my goals and my reasons for wanting to get fit and lose weight.*

*And now for the positives (and there are many!): Weight loss, greatly improved fitness level, compliments from work colleagues, family and friends about weight loss and looking well, having more energy and sleeping better. My self confidence has improved greatly. I had sometimes avoided social situations because I was embarrassed about my weight. I have dropped two clothes sizes since starting the Challenge.*

*I have signed up for the Challenge 2, having got such great results and am looking forward to achieving some further weight loss and fitness goals. Brenda Lowe*

**\*\*\*What's News at Crunch?\*\*\***

**NEW ARRIVALS.....**Two new cross-trainers have recently arrived at Crunch. Ask one of the personal trainers to give you a demo! It's a great cardio work-out for upper and lower body.

**Exit & Entry Points** are being trialed for the Group Exercise Room. Members complained that at the end of a class, there is often a lot of congestion around the door at the back of the room. So, would members please exit the Group Exercise Room by the door at the top left hand-side of the room.

Many thanks!

**Class Changes from 18th May-** We have had a lot of requests for more STEP classes. So, we have decided to change the Wednesday night 7.30pm class to **CARDIO BLAST/STEP** plus the Friday 6pm AERO-CIRCUIT class will change to **STEP**.

**Towels**—Please, please, please always use a LARGE towel on all weights equipment and exercise mats for hygiene reasons. Place a towel safely over the side of the cardio equipment.



**Winner of the Bike**—You may have noticed a very bare wall as you walk into reception? You guessed it.....the bike has gone! We are pleased to announce that the lucky winner of the Strata-Hybrid Bike + Helmet was **Miriama Grennell** who happily collected it last week (and not a moment too soon...a few of the staff had their beady little eyes on it!) Happy cycling **Miriama** !

**NEWS FROM KRUNCH**



**CHILD-MINDING IS NOW OPEN to 12.30pm on SATURDAYS**

**Shhhhh.....it is supposed to be a secret but lovely LUCY from the creche has a very special birthday on May 22nd**

**LUCY, HAPPY BIRTHDAY FROM ALL OF US!**

**EVENT DIARY FOR 2009**

**Why not set a long term goal to enter an organised event in 2009 with some other Crunch members?**

**The MS Walk/Run (9 or 18km walk or 9km run) - 14th June**

**7km Bay Run—2nd August**

**City to Surf 14km Fun Run—9th August**

**The Bridge Run (4km Family walk, 9km or 21km run) - 21st September**

**MS Sydney to Gong 90km Bike Ride—1st November**

Register your interest with Danni (who recently got engaged!) at reception should you wish to enter any of the events listed above. In some cases, specialized training programs will be organised prior to the event and if enough members are interested we can enter as a group. In all cases, a lot of fun will be had by all!!!

**MEMBER OF THE MONTH**

The staff at Crunch would like to congratulate

**Maria Lombardi** for her determination to

get fit and lose weight. Maria joined Crunch in November 2008 and has since lost a whopping 20kg. Maria exercises 4 x per week as well as having a full-time job and two young children to care for. You are absolutely fantastic Maria!

Maria has been awarded a complimentary RESULTS course (valued at \$349) to give her extra support whilst making such positive changes in her life. Maria will join the group starting on 16th June. Please wish her luck!

**VeeV Hair & Beauty**

are the proud sponsors of the RESULTS Challenge. Winner **BRENDA LOWE** received a \$200 makeover voucher to spend at Veev!

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FREE CRECHE!



**WARM, HEARTY &**

**OH! SO HEALTHY ! WINTER SOUP**

Place lentils, bay leaves & 3 cups water in saucepan & bring to boil. Reduce heat, cover & simmer for 15 mins. Heat sesame oil in fry pan. Add cumin & turmeric, fry for 20 secs. Add garlic, onion & pinch of sea salt. Saute for 1 min. Add pumpkin, carrot, celery—continue to sauté for 3mins. Add veggie mixture to cooked lentils, add pinch of sea salt. Continue to simmer for 15 mins or until veggies are tender. Can be served with brown rice. Before serving add sprinkle of coriander, sunflower seeds, lemon juice. Yum!

Serves 2-3

- 1 cup red lentils, washed
- 1 Bay Leaf
- 1 tbspn sesame oil
- 1 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 2 garlic cloves, finely sliced
- 1 large onion, finely sliced
- Sea salt
- 1 large carrot, diced
- 1 cup peeled & diced pumpkin
- 2 stalks celery
- Handful fresh coriander
- 1 tbspn lemon juice
- Handful sunflower seeds

**News from**



**R.A.W.**

The Crunch Runners & Walkers Club has four members running in the Half Marathon on 17th May: **Rachael Groth, Rachael Smith, Annette Wallington (plus Tania Celata who is currently doing the current Results 2 course).**

**Good luck girls!**