



Congratulations!

To all the girls that ran in the Sidney Half Marathon (21kms) and the Bridge Run (10km) on Sunday 20th September. A group of members decided to travel in together as it was a very early 6.20am start! We were pretty jittery but then to top it off the transport didn't turn up (it was déjà vu after the same thing happened for the City to Surf). So, lesson learned...we won't book taxis in the future!

Despite the hectic start, we arrived in time to soak up the great atmosphere, wished each other good luck and we were on our merry way. Running over the Harbour Bridge early in the morning was awesome!

All the girls from Crunch made it across the finish line and some fantastic times were achieved. I have to make a special mention of Rachael Smith who completed the Half Marathon in 1 hr 39 mins....that's really good going! Some of us were first timers (myself included) and although we found the last few kms really tough, mentally and physically, it was a matter of only half an hour over the finish line before we were planning which run we could do next (I can only compare the experience to labour, giving birth, forgetting about the pain and then wanting another child!!!).

So, how about the Half Marathon on the Gold Coast next year, girls???

I would just like to say how enjoyable it has been training and sharing this experience with such a great group of members from Crunch. Thanks of course to Tricia (instructor) who ran with us and has been so inspirational and encouraging during the lead up to the big day! **Great effort Girls!** Amanda Hefferan (Crunch Staff)

Upcoming Events: 8th November 10km Charity Run www.run4fun.com.au

22nd November Half Marathon www.srichimnoyraces.org.au

*****WINNER OF LATEST RESULTS 10 WEEK CHALLENGE*****

Maria Lombardi is an inspiration to us all! A working mother with two young daughters took on the 10 Week Challenge with amazing enthusiasm and managed to achieve the most fantastic Results yet! Maria joined Crunch in November 2008 and has lost 39 kgs since then. We presented Maria with a complimentary RESULTS course in recognition of her ongoing effort to succeed in losing weight. We are so proud of Maria for embracing every bit of information that we gave her and for putting it all into practice.

Congratulations to all the ladies that attended the last course...we have displayed a few of the before and after shots in reception which say it all!

MARIA IN NOVEMBER 2008



MARIA'S AFTER-SHOT

At the end of the RESULTS 10 Week Challenge Maria

Lost: 12kgs

Lost: 7.6% Body Fat

Lost: Total of 53 cms

MARIA HAS LOST

39 KGS IN TOTAL!



HOUSE-KEEPING AT CRUNCH

Please, please, please

PUT EQUIPMENT AWAY AFTER USE.!

Balls should be placed back on their racks, weights should be unloaded ready for the next person to use. Free weights should always be put back on their racks. Nothing should be left on the gym floor to trip over! Please also do not lean on the mirrors for stretching or with balls. Plus, **TOWELS MUST BE USED ON ALL EQUIPMENT** (for reasons of hygiene).

As a courtesy to instructors and other gym members, do not use mobile phones when in a class (unless in the case of an emergency and okayed with instructors first)

Let's stay safe and practice good gym etiquette at Crunch!

Thank you, Management.



SCHOOL HOLIDAYS

are from

Monday 5th Oct to Friday 16th Oct

As we all know, older siblings come and visit the creche during the school holidays! So that it is not so busy in the mornings, we are putting

On EXTRA AFTERNOON CLASSES
& EXTENDING THE CRECHE HOURS

DURING SCHOOL HOLIDAYS

The Creche will open at

3PM MONDAY TO THURSDAY

EXTRA CLASSES

Wednesday 7th October

3.45pm Indoor BOOT CAMP

Monday 12th October

3.45pm BODY FIRM

Wednesday 14th October

3.45pm Indoor Boot Camp

(All with Tricia)

Please, if you can possibly attend in the afternoon rather than the morning during this busy time, it would be greatly

appreciated! Thank you!

Management

THE FOAM ROLLER

Have you seen 'The Roller' on the gym floor? It's a simple roll of foam that is great for stretching and massaging the hamstrings, glutes, ITB (outside of the thigh), calves and more! The easiest way to prevent 'Runners Knee' is to stretch out the ITB.

We have printed out a range of exercises that can be done with the roller..which you will find mounted on the wall in the stretch area.

When using the Foam Roller, you apply your own body weight to the roll, massaging away restrictions and restoring muscle function. When you feel a tight and painful spot, stop rolling and REST on the painful areas for 15-45 seconds. You may roll back and forth on the area SLOWLY. Do not hold your breath! Try to slow down your breathing and apply more weight to the spot as you exhale. Do not roll back and forth over any bony prominence like at the hip or directly over the shoulder blade.

The BOSU BALL is also new to the gym floor. It greatly assists with core stability. Next time you book in for a program update, ask for a demonstration of the Foam Roller and Bosu Ball. Simple pieces of equipment that are SO effective!

ALWAYS BRING YOUR MEMBERSHIP CARD TO CRUNCH! WITHOUT A CARD THE CHECK-IN PROCEDURE IS VERY SLOW! PLUS, IF YOUR VISIT IS NOT RECORDED...YOU WILL GET THOSE ANNOYING CALLS ASKING "WHERE HAVE YOU BEEN?!"