



Welcome to the Fitness Dimensions

# Newsletter!

Volume I: January 2014

## Upcoming Events:

### Park Run Victoria – Albert Park

5km Walk/Run every Saturday Morning 8am

[www.parkrun.com.au/albert-melbourne](http://www.parkrun.com.au/albert-melbourne)

### Park Run Victoria – Westerfolds

5km Walk/Run every Saturday Morning 8am

[www.parkrun.com.au/westerfolds](http://www.parkrun.com.au/westerfolds)

### Fun Run Pink

2.5 or 5km Run 26<sup>th</sup> Jan

[www.triathlonpink.com.au/entry-info](http://www.triathlonpink.com.au/entry-info)

### Coburg Harriers New Year's Resolution Fun Run

6 or 12km Run 19<sup>th</sup> Jan

[www.coburgharriers.org.au/joomla1/content/view/full/572/](http://www.coburgharriers.org.au/joomla1/content/view/full/572/)

Happy New Year from the team here at Fitness Dimensions! We wanted to reward our loyal members by creating a monthly newsletter that will provide you with information on current fitness trends and dietary advice. We will also be keeping you up to date with all the new improvements we will be making to Fitness Dimensions throughout 2014 to support you in achieving your health and fitness goals. Here is to a successful 2014! Stay tuned.

## The 4 Different Exercise Categories

### 1. Pushing exercises

Work muscles on the front of your body + triceps

### 2. Pulling exercises

Work muscles on the back of your body + biceps

### 3. Leg exercises

### 4. Abdominal/Core exercises

Avoid injury by keeping your body in balance by having an even spread of all types of exercises. You can achieve this by either:

Choosing an even amount of exercises from each category in each session

Or

Splitting the days of the week so one day you would do pushing exercises, the next pulling, etc. However, ensure there are an equal amount of days spent on each category.

## Essential Exercise Tips

### Back to Basics!

Two things that should always be practiced during resistance training, no matter what position you may be in:

### 1. Always maintain good posture:

Chest up and shoulders stay back and down (shoulder blades squeezed together), and maintain neutral lumbar spine (half way between cat and camel back)

### 2. Always keep your abdominal muscles contracted:

Pull your belly button back towards your spine, or imagine someone is about to hit you in the stomach.

## Recipe of the Month *(taken from fitmencook.com)*:

### Spicy Turkey & Spinach Egg Rolls



### Ingredients:

170g extra lean ground turkey

3 egg roll wraps

2 cups raw spinach

1/4 cup bean sprouts

Seasonings: 1/2 tsp Bragg's Liquid Aminos, 1 tsp red chili pepper paste, cumin, minced garlic

### Steps:

Set oven to 210C.

Set pan on medium heat and add ground turkey. Stir in seasonings.

When the ground turkey is 50% complete, toss in raw spinach and stir and flip with a spatula so that the spinach becomes wilted.

On one egg roll wrap, add 1/3 of the ground turkey & spinach mixture and a few bean sprouts.

Roll the ingredients about half way in the egg roll wrap, fold in the sides of the egg roll wrap and then continue rolling the egg roll so that it is closed.

Repeat until all of the turkey & spinach mixture is used.

Place egg rolls on a baking sheet and lightly spray with coconut oil or olive oil so that when they bake the outside becomes crispy.

Bake at 210C for 12-15 minutes or until golden brown.

Approx macros for ONE egg roll: 519 KJ (124 calories), 17g protein, 13g carbs, 1g fat

## Improvements/Additions to the Gym:

This section of the newsletter will include new additions we have recently or plan to include in the gym. To ensure that the effectiveness of your training at Fitness Dimensions is maximized, we will constantly be making upgrades to our equipment. Your suggestions are always welcome!

Recent additions:

- Restructured circuit room
- Wall mounted chin up bar
- Additional free weights
- TRX suspension training system
- The ultra-modern seated row/lat pull machine.

**“Don't wish for it, work for it”**