



empowering women through fitness nutrition & wellbeing

Health Chat

Dear Ladies,

Welcome to Hampton Ladies Health Club December newsletter! It's hard to believe another year has flown by!

I am grateful to all our HLHC members who continue to use our facilities to better their health, fitness and wellbeing. We are still improving and making changes and none of this would be possible without the support of fantastic members like you!

HLHC's goal is to provide exceptional services to each and every one of our members through education on fitness, nutrition and caring support. We continually strive to achieve this and would appreciate feedback on any changes or improvements you'd like to see. Feedback forms are available at Reception.

I strongly believe that this time of year is a time to enjoy all the holiday festivities... however with all that celebrating we should be aware of not overdoing it! With that thought, take a moment to read the "Exercise Tip" in this edition. Keep in mind that many of us believe that exercise is boring, painful, and is necessary to lose weight. Remember that weight loss is what happens while you are busy having fun, moving your body with others in an exercise environment. HLHC offers fun, challenging exercise programs and classes in an energizing, interactive environment. So I hope to see many of you in the club over the holiday season!

Lastly and most importantly I would like to wish you and your family a safe and happy holiday season and here's to an awesome start in 2012! Be safe and have fun!

Merry Christmas and the happiest of New Year to you!!

Keep smiling,

Sanjay

"LOOK great, FEEL even better..."

Christmas Gift Cards

GETFITPACK

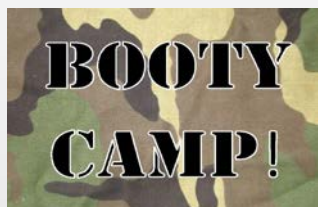
Give the Gift of health to a special friend or treat yourself this festive season.

- Get 8 weeks gym membership
- 2 Personal Training Sessions
- Wellness Evaluation

All for ONLY \$179.00

Gift cards can be personalised

Summer Booty Camp!



First Session Booty Camp
starts **Monday 16th January** at
6am.

3 times a week for 4 weeks!
Members: \$180
Non-Members: \$216

Second Session Booty Camp
starts **Tuesday 17th January** at
6 pm.

Twice a week (Tuesday and
Thursday) for 4 weeks!
Members: \$120
Non-Members: \$145

Register at reception or email
getfit@hamptonladies.com.au

**BRING YOUR FRIENDS &
HAVE FUN TOGETHER!**



Exercise Tip...

Exercise Partners

As we move closer toward the holiday season, many of us start to think about what next year's resolution may be. If your **New Year's Resolution** is to **lose weight** or become **more consistent** with your exercise routine then note the following:

... always take an exercise partner with you, regardless of whether you are doing a group fitness class or working on your cardio and strength training. Multiple studies have shown that people who have an **exercise partner** or are involved in a well-connected group class are **95% more likely to continue with their exercise plan** and see the results they desire. That's why at Hampton Ladies Health Club we encourage members to connect with other members or bring in a friend to train with. Your Success is our goal!

**Until 31 December 2011 we are running our 'Friends FREE Friday' promotion so now is a great time to bring a friend and help them and yourself stay on track with your fitness goals!*

Want to get More out of Your Workout?

The Key to getting the most out of exercise is drinking the right nutrition within 30-60 minutes after completing your workout.

Having a post-workout **protein shake** will complement a well-rounded workout routine and nutrition plan. During this 30-60 minute window after a workout, your muscles are like sponges and take up **nutrients, including protein, carbohydrates and vitamins**, very quickly so they can be delivered to the muscles and tissues that need to be repaired after the workout. If your body does not get these nutrients it needs **straight after a workout** you are **flushing a lot of your exercise efforts down the drain**.

Drinking your protein shake with some simple carbs can help the body more efficiently absorb amino acids and use them for **ongoing tissue repair and growth**. Shakes are food in a liquid form so they digest faster and the nutrients reach your muscles a lot quicker than from solid foods.

Protein for Women

Protein plays an important role in muscle recovery and weight management for women. Many women find having a protein shake a convenient option and soy protein is an excellent choice for a shake. Soy protein derived from soybeans, offer many health benefits and can help decrease the amount of fat the body stores.

Soy based protein is the cleanest fuel source for the body – Our body burns it all up so we do not feel tired. Compared to animal based protein which is heavier on the kidneys and the body cannot burn it all off.

Weight Loss Benefits

Soy protein helps to decrease the amount of fat the body stores by converting fewer calories into fat from the foods we eat. A high protein shake also helps manage hunger because when protein is absorbed it sends a signal to the brain to decrease your hunger.

Consuming a shake such as the **Herbalife Formula 1 Shake** after a workout helps increase muscle mass and will help with a faster post workout recovery. And in turn the **more** lean muscle mass you build by having the correct amount of soy protein each day – the **faster your Metabolism goes** and the **more fat you burn** in your daily maintenance and during exercise.

Protein also raises your **resting metabolism** by maintaining Muscle Mass. Muscle cells are much more metabolically demanding than fat cells, so the greater our proportion of muscle to fat, the faster our metabolic rate.



Did you know?

It takes a total of 3500 calories to gain **HALF A KILO!** Compare that to the fact that most women require between 1200 to 1800 calories daily to maintain their weight; depending on activity levels of each individual. If you find yourself gaining one to two kilos, it could either be too much sodium in your daily diet OR that you truly did eat/drink an additional 3500+ calories to gain that additional kilo. It's all about being aware!

Holiday Tips...

As the holiday season ramps up, be aware of what you put in your mouth, **AND enjoy every bite of what you do consume.** Studies have shown that if you take the time to fully chew whatever is in your mouth, you will take in fewer calories. Another tip for those who want to make the most of "holiday eating without the 5 kilo spread," remember that a **serving-size 'portion'** of any food (i.e. a serving of turkey, a serving of mashed potatoes, a serving size of veggies, a serving size of pudding, etc.) is what will easily fit in the palm of your hand (not "heaped up" in your hand).

Want to get More out of Your Workout?

Herbalife Formula 1 Nutritional Shake Mix turns OFF your hunger signals and turns your body into a FAT BURNING machine!

The **Herbalife Formula 1 Nutritional shake mix** will make the most of all your hard work and time spent exercising. It provides the ultimate clean-burning, easily absorbed and assimilated fuel. Formula 1 has been scientifically formulated to supply balanced protein, carbohydrates, fats, vitamins, minerals and fibres, to ensure your body gets all the nutrients it needs so you get the most out of your workout.

Benefits of Herbalife Formula 1 Nutrition Shakes

- Easily absorbed nutrition to fuel your body after a workout.
- Take Formula 1 shake in diluted fruit juice within 30-60 minutes after exercise to replenish glycogen in your muscles.
- Our customers say they love the taste!
- Mixes easily
- Increases lean muscle
- Easily absorbed nutrients
- Enhances muscle recovery
- Perfect post-workout meal on the go
- Easy to carry with you to the gym
- Will give you energy to last all day



Hawaiian Punch Shake Recipe

2 scoops Herbalife Formula 1 Vanilla Shake Mix

1 scoop Herbalife Protein Powder

200ml Pineapple Juice

100mls Water

¼ of a Banana

1-2 tsp passionfruit pulp

4-5 Ice Cubes

Blend, pour into a tall glass and Enjoy!



Staff Profile

Christmas/New Year Opening Hours

The Club will be closed from
25th – 27th December &
1st – 2nd January.

Holiday timetable/opening
hours flyer is now available at
Reception or
on our website
Hampton Ladies Health Club

12 Week Weight Loss Challenge!

Our first HLHC Weight Loss
Challenge (WLC) started on 25th
October and by week 6 of the
challenge our class of 23
participants had **lost a total of
51.6 kilos** between them!

What an awesome effort – Well
done ladies!!

Our NEXT HLHC WLC is starting
on **Tuesday 17th January 2012**
at 7:00pm and will be open to
Members and Non-Members.

Limited 25 spots per class so
hurry and book your places now
at Reception or call **9598 1422**

Entry Fee: \$49

You get free personal coaching,
free wellness evaluation, \$\$\$
prizes for 1st, 2nd & 3rd!

Fun, Educational & Effective!

Many of you would have met Gisele who joined the team at HLHC in September as our Membership Co-ordinator. Welcome to the team Gisele!



Name: Gisele Evans

Qualifications: Bachelor of Applied Science
(P.E) – Victoria University of Technology,
Post Graduate Diploma (Exercise for
Rehabilitation) – VUT
Level 2 First Aid
CPR

I have been in the fitness industry for 23 years, starting with a human movement degree and working as a fitness instructor for many years. In the mid-90s I began working at Corporate Health Clubs in Collins Street, Melbourne. After managing the club for several years I bought the business and had been there until June 2010 when the lease finished and was not renewed. It was a very emotional time for staff and members as similar to Hampton Ladies we were a boutique club with a friendly atmosphere and many great friendships had been formed.

Since then I have been managing a small PT studio in Cheltenham and am now very pleased to be a part of the HLHC Team! As far as personal fitness, I was a gymnast in a past life and then competed in Triathlons for around 10 years from sprint distance to Ironman which was an amazing experience. I very much look forward to meeting as many members as I can over the next few weeks.

Merry
Christmas