

FastTrack Fit Camp Monthly Newsletter

March 2015

**Fast
Track
Fit Camp**

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Weights & Measures

To make sure you get the best out of Fit Camp we recommend regular weights and measure checks. Please book your 15 minute appointment with Alison at admin@fasttrack-fitcamp.co.uk

Sunday Wake Up!

Every Sunday at Bearwood Recreation Ground, Winnersh. Non campers welcome too £6 if not already part of your allocation.

Social Events

It's time to organise something! Watch this space for a get together after Easter.

Camper of the Month

Congratulations to camper of the month for February who was **Jessica Chapman** from our Mortimer camp. Stuart said that the effort Jess has put in to camp recently is shown in her improved physique and fitness. Congratulations Jess!



News and Updates

With effect from **April** we'll be introducing our new membership management programme. It's called **ZenPlanner** and is a brilliant tool for keeping details about your progress, attendance, membership type and medical details. You'll be getting a personal email from us with your sign-in details and passwords. I'll be contacting you to make sure that you are happy with how to access your details. One key area that will really

help both you and us is the ability to track attendance. You'll be able to log yourself in each time you come to camp so that you know you are getting the best out of your membership. After all, this only works when you come along!

We have had a few changes with instructors over the past few months and I am happy to welcome **Laura Parsons** to our cover team. Harry is no longer able to cover for us and so we wish him all the best with his new job.

FastTrack Foodie

Each month we'll share with you a quick and easy recipe. This month it's a spicy soup recipe. It's quick and very tasty. Great for a snack.

Tom Yum Soup (1 large serving)

- 1 dried block of rice noodles, 3 spring onions finely chopped, 1 mushroom finely sliced, frozen peas or sweetcorn, coriander chopped, cold cooked turkey or ham chopped, 3-4 tblsp Tom Yum Paste, chicken stock.
- Place stock cube, boiling water, noodles and Tom Yum paste into a saucepan.
- Add peas or sweetcorn.
- Place all other ingredients into a soup bowl and as soon as noodles are soft pour soup and noodle mix into bowl.
- Serve. The heat of the soup, heats the rest through.



In the News

A few years ago Michael Mosley (the television GP) introduced intermittent fasting (IF) to the mainstream with his 5:2 diet. It's had a huge uptake and has been beneficial for many people in losing some stubborn weight whilst improving general health too.



However I've had doubts that it suits everyone for a while. I think it's not at all suitable for people who had a bad relationship with food and find it hard to not binge on their 'normal eating' days.

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I also think that, like many eating regimes, it has been changed from its original form and I now see people eating 2-3 small meals a day.

The basis behind IF / 5:2 is to *fast*. The health benefits are gained from not eating and the increased rest and repair time rather than being in a state of digestion. Two to three small meals a day removes this benefit.

I was moved to read the following article this week on why IF isn't suitable for women, and if you (or a female friend of yours) has ever tried it unsuccessfully I highly recommend you read this article to find out why it may be a poor choice for you.

<http://www.precisionnutrition.com/intermittent-fasting-women>

21 Day Fat Loss Challenge Wall of Fame

The recent 21 Day Fat Loss Challenge saw some wonderful stories of campers taking control and getting the results they wanted.

The full **Wall of Fame** can be found here:

<http://wp.me/p2FrOn-ZD>



But here is one great picture from DJ from Wokingham Early Risers who, since joining us in January, has gone down 4 belt loops and now even the belt isn't working!

Exercise of the Month – The Squat

We do a lot of squats at Fit Camp. I know that :-)

However it's an exercise which is truly transferable to every day activity (sitting down and standing up) and it's important that we do them to stop bad habits from forming (dropping into a chair, rather than lowering under control).

When we repeatedly stop doing the exercise properly and form an 'easy' habit we'll start to see lack of muscle tone, muscle imbalance and pain where the wrong bits of the body are taking the strain.

Muscles used in a body-weight squat.



5 Reasons to Make Squats Part of Your Fitness Regime

1. It's functionality as an exercise makes real life activities so much easier.
2. A squat uses your largest group of muscles (quadriceps, hamstrings and gluteus muscles) you can burn a lot more fat by doing a squat correctly than a press up.
3. Helps develop balance, mobility and flexibility.
4. Gives shape to your legs and stops your bum from looking saggy and shapeless.
5. Helps with digestion as the action is important for improving the movement of food through our colon.

Some of you (ladies mainly) get a bit miffed when you see that your legs have got bigger since coming to Fit Camp.

Yes, there will be some muscle gain. However, this increased muscle mass has two key benefits.

- Increased muscle (higher muscle percentage) means that you burn more calories at rest. In simple terms you can eat more to stay the same weight or burn calories more easily to lose weight.
- I'd much rather have firm, large legs than wobbly small ones. :-)

From the FastTrack Team – Heidi, Karen, Clare, Kirsty, Stuart & Alison