



Breaking News

July 2011

Special points of interest:

- Walk for Kids
- Training—its all about Attitude
- Upcoming Events
- Inspiration by Rob Hedges

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Mater Miracles Foundation 100km Walk for Kids

June 16th and 17th saw 39 brave and selfless individuals take part in the 2nd annual 100km Walk for Kids. It was fantastic to see that 25 of those 39 walkers were from Breaking Point, a true testament to the community minded and kind individuals we are privileged to have training with us.

Commencing at North Lakes and finishing on the Sunshine Coast, day one saw 60km of the 100km covered with the remaining 40km covered on day two.

As a group, and with all of your help, our 25 walkers raised a total of \$21,500 and counting.



Day one of the 100km Walk for Kids.

The 39 walkers in total have raised close to \$36,000 together.

These much needed dollars will bring new equipment and medical aid to the Mater Little Miracles Foundation, caring for sick kids.

Well done to all involved, and we look forward to seeing even more Breaking Point members taking part new year!



Training—its all about Attitude

By David Berry



As Trainers we are always trying to project a positive influence at all of our sessions. We try to encourage you through leading by example, not because it is our job, but because it is our way of life.

How many of you have been guilty of saying something like *"I wish I could run, but I am not a runner"*?

Those negative thoughts will never get you to your goal of improving your running. Instead they create a barrier for you to hide behind. Instead of harvesting those negative thoughts, replace them with some positive reinforcement

with a simple thought like *"I am a runner"* or *"I am a runner in training"*.

To help create this new positive attitude, try setting some SHORT, MEDIUM and LONG term goals. Make them achievable to help keep you focused and seeing the results. Short term goals could be 2-6 weeks, medium 6-12 weeks and long can be up to 12 months.

Surround yourself with positive people. Friends and family that encourage you to succeed have your best interests at heart. Those

that think it's ok or funny to prevent you from training or discourage your efforts with their negativity are only going to bring you down.

It doesn't matter what area of your training you may have trouble with, if you apply a positive attitude and goal setting, and surround yourself with the right people, your fitness, results and self esteem will improve to a whole new level.

If you have any questions or like to know more please ask one of your friendly Trainers for more information.!

BE POSITIVE! STAY FOCUSED

Gold Coast Marathon



Gold Coast Airport Marathon

We would like to wish our Breaking Point members safe running and the best of luck in the Gold Coast Marathon (42.4km) and Half Marathon (21.2km), this Sunday 3rd July.

These men and women have trained relentlessly for over 5 months in preparation for their one race. The following members are taking part in these events;

Darren Young (Marathon)

Brendon Cousemacker (Marathon)

Craig Bywater (Marathon)

Mark Cuzzu (Half Marathon)

David Holden (Half Marathon)

Brooke Starkey-Luke (Half Marathon)

Kirstin Leech (Half Marathon)

Martin Leech (Half Marathon)

Nathan Hulse (Half Marathon)

and

Lou Kent (Half Marathon)



To see the results of this event including our other events listed below and stay up to date with all things health and fitness.

Like our Facebook Page.

Upcoming community events "Jetty to Jetty" and "North Lakes Community Shield Relay"

Join the Breaking Point teams

Jetty to Jetty & North Lakes Community Shield Relay

The North Lakes Community Shield Relay will be held on Sunday 14th August—last year Breaking Point members had a fantastic turn out and we look forward to seeing even more members enter this years event.

For more info visit www.tlcfunrun.org.au

Jetty to Jetty will this year be held on Sunday 17th July 2011. A fantastic local event put on by local Council in celebration of our wonderful foreshore precinct of Woody Point, Redcliffe and Scarborough. With a half marathon, 10km, 5km and 3km walk/run there's

an event to suit us all.

For more info visit www.j2j.com.au

PLEASE NOTE:

Await further instruction from Darren regarding entering the TLC Relay event as part of the Breaking Point Team

Bridge to Brisbane

Join our team for this years Bridge to Brisbane Sunday 11 September



Breaking Point Fitness will again charter a bus and take a team to this years Bridge to Brisbane.

For further information for the Bridge to Brisbane visit

bridgetobrisbane.com.au

Same as the TLC Relay event please await further instructions from Darren to enter as the Breaking Point Team

Why a tailored eating plan?

By Brooke Starkey-Luke Dietitian (APD)



One of the most frequent questions I get asked as a dietitian is... 'so how many calories do I need to eat to lose weight/gain muscle'. Unfortunately, I am never able to answer this question with a number. I wish it was that easy! There are so many things that affect how much and what type of food we need to eat, including:

- Age (as we get older, we need less protein and energy as our bodies are no longer growing at such a rapid rate)
- Gender (Males as a general rule have a faster metabolism)
- Weight – current weight and the weight you are aiming for

- Activity – how often, what type, what you are doing it for (ie fat burning, muscle building, endurance etc)
- Health Status (e.g. any personal or family history of heart disease/diabetes/high cholesterol/allergies etc).

At the same time, because food is such an integral part of our lives, there are many more factors that affect how much and what type of food we DO eat. Some of these include:

- Mood (stress levels, weather, amount of sleep, motivation)

- Occupation (work hours, work colleagues, food choices available)
- Lifestyle (work hours, exercise routine, eating out, friends' food preferences, family food preferences, family commitments)
- Hunger (real or only thought)
- Financial constraints

A tailored eating plan/nutritional advice is developed by looking at ALL of the above factors. It is devised working around your goals and is designed to be practical in order to fit into your life. Without this, any 'diet' or 'eating plan' is likely to fail.

Extend the life of your fitness passion

By Kristen Perry (Qualified Massage Therapist)



A massage therapist can assist with correcting muscle imbalances, over used injuries and help align postural imbalances

Massage and sport go hand in hand, giving the receiver the most positive outcome they could possibly achieve. Sports massage techniques will be applied with more pressure than a relaxing massage in order to manipulate the muscles and tissues effectively.

It is designed to help aid the elimination of waste products and to allow a faster recovery with increased blood flow.

A massage therapist can assist with correcting muscle imbalances, over-used injuries and help align postural imbalances.

With regular treatments, massage will improve your joints range of motion and general flexibility.

With all this combined, your sense of well-being will be at an all time high, and will extend the life of your fitness passion.

Recipe idea—Porcupine Casserole

Porcupine Casserole (serves 4)

Ingredients

Meatballs:

- 600g very lean/heart smart mince (beef, pork or chicken all ok)
 - 1/3 cup basmati rice
 - 1 tsp beef stock powder
 - 1 egg white
- #### Sauce:
- 1 x 420g can tomato soup

- 1 x 425g can crushed tomatoes
- 1/2 cup onion finely diced
- 1 cup water
- 2 tsp beef stock powder
- 1 tsp dried oregano
- 1 tsp crushed garlic

Preheat oven to 190 degrees (fan forced)
In a large casserole dish that has a lid, combine all ingredients listed to make the sauce. In a medium size

mixing bowl, combine all ingredients listed to make meat balls. Using your hands, mix together well. Shape into 12 round meat balls, add to casserole dish and bake for 1 hour.
High in protein, low in fat and also includes low glycaemic index (GI) carbohydrates..... so it is perfect for after exercise!



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Launch of Membership Program—now even more value!

We are pleased to announce the launch of our Membership Program, all yearly members will receive a personalised Membership Card entitling you to the following offers and discounts

- 10% discount at Sportsco North Lakes
- 20% discount voucher for Lorna Jane North Lakes
- Harvey World Travel North Lakes
- 20% Discount at Redcliffe City Florist
- 10% at Big Cake, little cake
- And more businesses are to follow

Breaking News—Special

Have you ever thought that you would like to eat better, know more about what fuels you put into your body and how this can assist you in your fitness goals, then act now.

We are pleased to offer a Consultation with Brooke and diet plan valued at \$100 (members only price) to be added to your direct debit plan. This allows you to pay off the consultation over your membership. Start today and see the benefits.

INSPIRATION: Rob Hedges

I joined Breaking Point fitness at the end of February 2011, after gaining a fair bit of weight over Christmas and having a bit of a struggle with depression I was driven by the desire to no longer be unhealthy and potentially die at a young age. Also as a manager I knew if I couldn't manage myself I certainly couldn't manage others, there was no excuses left I just had to get into it.

I am now driven by the successes that I have been having and the support that people give me on a daily basis including the great support, professionalism and knowledge provided by the Breaking Point Fitness team.

I enjoy the morning sessions and at this point I do the Boot Camp every morning, running club on Wednesday morning and Boxing on Wednesday and Friday nights, I have even done a few of the Hells Playground sessions. It's become a real habit now and I have found it really easy to fit into my week.

It has become very rewarding, every time my clothes get a bit looser or every time I achieve something like

being able to do an exercise more than before or running a bit faster as well as my partners support and gentle coaxing I am driven to achieve even more.

Q. What have you achieved so far?

A. I have lost about 9 kilos since I started and my snoring has just about stopped, in January I was headed for having to have a CPAP machine for the snoring. I am much more productive now as my focus is a lot sharper and I have much more stamina, I am now doing a range of things that I just did not believe would be possible (45 push-ups in a minute where previously I couldn't do more than 10 without stopping). I can now do a whole boot camp or boxing session and I am in a much better place mentally with how I deal with things. I can run for 10km continuous, something which I have never before achieved in my entire life I also walked for nearly 100km in the 100k Walk for Kids just recently, a month or so ago I struggled to walk 4km with the dogs.

Recently I had my annual medical assessment, this was done by Wesley Corporate Health and the initial report they provided was that my fitness level has gone from below average to above

average, my BMI has dropped 4 points, my Cholesterol has dropped from 4.9 to 3.9, my flexibility has improved dramatically, my lung capacity has improved 20%. I have also reduced likelihood of getting Diabetes by 50%, reduced 10% body fat and my resting heart rate is down to 53bpm. These results are a comparison to my last medical assessment in June 2010 however in reality I went backwards from last year to Christmas so the results above are even greater.

Joining Breaking Point Fitness was one of the best things I have done and I will be staying a member for a long time to come.

I have met some really great people since joining and hope that the results that I have achieved will inspire others and prove that results are waiting for them.