



Circuit Training Classes now running.
Limited places available—booking essential.
Tuesday and Thursday from 5.30pm.
Non-members \$5.50 Members FREE

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Unit 2

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2nd Edition

The Obesity Epidemic

Obesity rates in Australia have more than doubled over the past 20 years. Around 7 million Australians are now overweight or obese. Estimates taken in the year 2000 suggest that whilst more men are overweight than women, obesity is more common in women than men. Obesity is not just a problem for Australia's adult population either. Available data shows that the prevalence of childhood and adolescent overweight and obesity rates in Australia have risen concurrently with those of adults.

People who are excessively overweight have a significantly increased risk of suffering from heart disease, hypertension, stroke, diabe-

tes and certain types of cancer. Obese individuals also show increased incidence of mental health problems, such as low self esteem, negative body image, increased stress levels and poor socialization ability.

There are two main factors behind the increase in overweight and obesity rates, the first is a decrease in the level of physical activity and the second is a decrease in the quality of diet. There is little doubt that the modern world has a more sedentary focus as technology takes over and people spend more time at work and less at play. In addition to this sport and physical education has gradually been pushed off the education curriculum to

a point where there are virtually no requirements for schools to include any physical activity opportunities for school goers.

Over the page you will find exercise tips and nutritional advice addressing the main factors behind the obesity epidemic.



It's not a matter of national pride, or not wanting to be labeled the world's fattest nation. It's a matter of national health and wellbeing. Obesity is killing Australians.

Quiz

1. Approximately how many Australian's are now overweight or obese?

- a) 700 thousand.
- b) 7 million.
- c) None of the above.

2. What gender is more obese (rather than overweight)?

- a) Females.
- b) Males.
- c) Both are equally obese.

3. What are overweight and obesity rates like for Australian children/ adolescents?

- a) They are worse than Australian adults.
- b) They are better than Australian adults.
- c) They are the same as Australian adults.

4. What are the main factors behind the increase in overweight and obesity rates?

- a) Increase in physical activity levels and a decrease in quality of diet.
- b) Decrease in physical activity levels and an increase in quality of diet.
- c) Decrease in both physical activity levels and quality of diet.

Please turn over for answers

Quote of the month

“It’s not the victories but the defeats that strengthen a person”

Free Wellness Check

Call the studio today and make an appointment for your no obligation FREE wellness check and let us help you take that positive first step towards a healthier lifestyle.

What the check includes:

- Lung capacity
- Body composition
- Blood pressure
- Grip strength
- Core stability
- Cardiovascular fitness

As an extra bonus all participants will also qualify for a special rate membership package (if you wish to take it up) and will also be entered into a prize draw to be drawn at the end of August 2010.

Monthly Exercise Tip—Fartlek Training

Fartlek training is a Swedish term meaning “speed play” and is a combination of continuous training with short bursts of higher intensity work periods at regular stages throughout an exercise session.

If you haven’t exercised for a while you should build a foundation of fitness by walking or running at a constant pace each session (lasting approximately 30 mins) over a period of 2 weeks. Once you have done so you may be ready to take the next step, fartlek training.

The best thing about fartlek training is that you don’t need any equipment to perform it. Near your house there may be 3 or 4 streets that when linked together form a rectangle. On each street you can change the speed that you are moving at eg. the first street you can jog, the second street you can walk, the third street you can sprint and the fourth street you can walk.

If you are unable to jog or sprint you can change the speed that you walk at instead .

Fartlek training is efficient as a



Please check with your GP before starting any exercise.

means of burning fat, losing weight and improving cardiovascular fitness as your heart rate and breathing rate will be elevated higher than usual during exercise and will stay elevated after the completion of training.

Is Cinnamon More Than Just A Spice?

Studies have been undertaken where type 2 diabetics were given small doses of cinnamon. Not only was cinnamon found to reduce their blood sugar levels and increase their natural production of insulin, it also lowered their blood cholesterol as well. Specifically, their blood glucose levels were lowered by between 10 and 26%, affecting overall cholesterol levels and reduc-

ing the LDL (bad) but not the levels of HDL (good) cholesterol. This is potentially good news for the millions suffering from insulin resistance (metabolic syndrome). Insulin resistance is commonly found in obese individuals.

Addressing elevated blood sugar levels and helping to combat insulin resistance may be a successful factor in helping to lose weight. The fat

cells in your abdomen are particularly sensitive to high insulin levels and are very effective at storing energy. Due to abdominal fat cells being so close to your digestive organs and there being an extensive network of blood vessels circulating in your abdominal area, it’s even easier for fat cells to store excess energy there.

Cinnamon Honey Scones

Ingredients

- 1 3/4 cup wholemeal self raising flour
- 1 1/2 tsp baking powder
- 1/4 tsp ground cinnamon
- 6 tbsp salt reduced butter
- 1 tbsp honey
- 1/2 cup milk
- 1 egg

Directions

Preheat oven to 230 degrees.

Line baking tray with aluminium foil.

Mix with a wooden spoon in a bowl the flour, baking powder and cinnamon.

Work butter into mixture by hand until mixture is yellow.

Add honey and milk, then egg. Stir with wooden spoon until thoroughly mixed. Scoop spoonful of dough and drop onto baking tray. Leave 1 inch between each scoop.



Bake for 15 minutes or until golden brown. Cool for 5 minutes.

Serve warm, drizzled with honey (optional). Eat in moderation.