



# ProActive Fitness

May/June

[www.proactivegym.co.nz](http://www.proactivegym.co.nz)

2008

## Hibernate or Activate?

Well - the winter is definitely here. I've been caught out myself a couple of times – the rain has stopped a run or a cycle leaving me feeling a little cheated... A number of people have had the change of seasons first run of coughs and colds and some are onto their second already! It's darker later in the morning and earlier at night and the general feeling is one of resignation...

### *'Get on with it I say!'*

It's not like it's a surprise! The seasons roll around like clockwork – we've all been here before and I'm here to say - it's not that bad. Winter sports are on the go which is great for those of us who follow the rugby, netball, like a game of squash or badminton etc. All the things that don't work in the summer are right at home here in the winter. We get frosty chilly starts but great days afterwards or we get rainy but warmer days – they each have their benefits.

Even some gym members have been complaining about the weather or are notably missing from the club... How can this be – we are inside afterall!

Yes – Summer is preferable to winter but I say – let's recognise that there are a lot less desirable places to be and inside or outside – we've got it good! Trust me – 11 years in Wellington make me more than qualified to comment!

The gym is here to support all of life's

activities – sporting and otherwise.

Those with a stronger summer sports focus will traditionally use this time to increase strength through resistance training. The types of food and possibly increased opportunity for sleep and rest enable maximal gains to be made at this time for the smart trainer.

Those taking part in winter sports will benefit from x-training opportunities with classes, cardio equipment etc. Focusing on adequate warmups and stretching on the field and in the gym will help ward off injuries and speed recovery between training sessions and matches.

Avoiding winter weight gain is an issue for many. This is a great time to create better habits and move forward. We are here to help.

We can set a plan that connects the activity in the gym to the outside world. Talk to us on your next visit or call us and make an appointment!

Get Active this Winter – Your Body will love you for it!

Rob:-)

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## Heating Things Up Inside This Winter

Lesson your carbon footprint this winter by generating your own heat!

The following suggestions will see you generate more body-heat – lessening your requirement for fossil fuels.

**1. Try an early morning Spin class** – straight out of bed and on to a bike – you'll burn a ridiculous amount of calories – many of which will be expended as heat!

**2. Pop into the gym on your way home from work/school.**

A day spent in a stuffy office or classroom behind a desk can leave you feeling lethargic and susceptible to colds and flus. Step it up with a class, PT session or run on a tread. You will leave warm, energized, stress free and strengthened against winters nasties!



*Save money  
-generate heat with a  
Spin Class!*

### 3. Turn off that TV and get moving!

Who cares what new season programmes are on the box. Live your life not someone elses!



Perhaps you can think of a few more ways to stay warm and be good to the environment at the same time!

### Hello, Goodbye and see you next week!

Welcome to Simon who has joined us as a Trainer at the club. We look forward to his training perspective added to our mix. Simon would be most noted by many of us for his dogged determination on the ergs.. He came

in quite handy in Proactives recent win of the Corporate Rowing Challenge too...

Her primary passion is massage and thanks to the support of members and non-members alike she is

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For those that may not be aware... Brad has headed to the big smoke of Dunedin. He has been picked up by the cricket development squad and is focusing a lot of energy in that direction. He is also focusing considerable energy on his Dunedin based girl-friend. It is uncertain which was the stronger draw – sport or her!

Tiffany has joined the Team recently in the dual roles of Sports Masseuse and Trainer.

doing so well as to put most of her focus on massage. She may be available to PT a lucky few... She is a talented Masseuse – we are pleased to have her here in Alexandra.

### Supplement Watch

We stock the best products from a number of supplement manufacturers. We can help you maximise your results. Talk to us today if you want better faster results.

#### Group Fitness Timetable - Winter - 2008

...success through a motivating shared experience...

	Mon	Tues	Weds	Thur	Fri	Sat	Sun
6.15am		ProSpin		ProSpin			
10am	ProStart	9.30	ProSpin	ProStart	9.00	ProSpin	
5.15pm		ProSpin		ProSpin			
6pm	ProPump		ProPump	ProStep			

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