

S E P T E M B E R 2 0 1 4

CHESS PT – HEALTH & FITNESS

Newsletter – Issue 2

WELCOME!




SPECIALS!

5 PT SESSIONS
\$45 per session

GET YOUR 6TH
SESSION FOR \$40

10 PT SESSIONS
\$40 per session

GET YOUR 11TH
SESSION FOR \$30

20 PT SESSIONS
\$35 per session

GET YOUR 21ST
SESSION FOR \$20

Time to set new fitness goals!



WHAT HAS BEEN HAPPENING?

Mums & Bubs is taking off swimmingly – we are still fine-tuning a time slot that suits everybody for the **Mums & Kids**.

We were going to launch a few more group fitness sessions – but finding locations are proving to be a bit more challenging. Now that the sun will set later you can expect some more outdoorsy sessions!

Call today to enquire if you are interested!

SPECIALISED FITNESS SESSIONS

Mums & Bumps

By Appointment

Keep fit throughout your pregnancy!

Mums & Bubs

Tues & Thurs 9am

Help your body recover from childbirth

Mums & Kids

Wed & Fri 4pm

Set a good example & bring the kids for fun family fitness

Call today to book in for your fitness assessment and let me help you reach your weight loss and fitness goals!

WHAT'S BREWING?

Watch this space to stay up to date!



Boxing

At the end of September I will be attending a boxing course, which will enable me to do some cardio boxing with my clients. Boxing is a fantastic exercise as it increases your fitness, while toning your muscles. I look forward to doing more of it during all of my sessions!

Benefits of Boxing

Because boxing uses your whole body, you end up burning more calories in an hour than you would on a stair climber. With practice, technique will improve and punching will become faster. It's a great way to help you to build lean muscle, and get a defined and toned body without adding the bulk. And as a side benefit, you get to take your frustrations out by actually hitting something! It's great for stress relief!

So to give my clients the best possible service – and increase their muscle endurance, aerobic fitness, coordination and balance, I look forward to adding "accredited boxing instructor" to my list of achievements.



Exercise is your KING, & Nutrition is your QUEEN.

Together they create your fitness Kingdom.

-Jack Lalane-

EAT THIS!

Nutritional tips for everyone

There is a myth that if you wanted to lose weight that you should cut out carbs. It works beautifully, but the problem is, your body actually needs the carbs (or grains) so when you eliminate them your body goes into a type of shock. It starts using other nutrients for the fuel that it would've gotten from the carbs. And then when you decide that your weight loss is adequate you start introducing carbs again and your body has no idea what to do with it, so you start piling the kilo's on again. This is why I never promote any

dieting to my clients. If you want to lose weight, you need to make sure you are getting adequate amounts of all the major food groups in order to fuel your body. This balanced with exercise will help to bring your weight down. Everything in moderation!

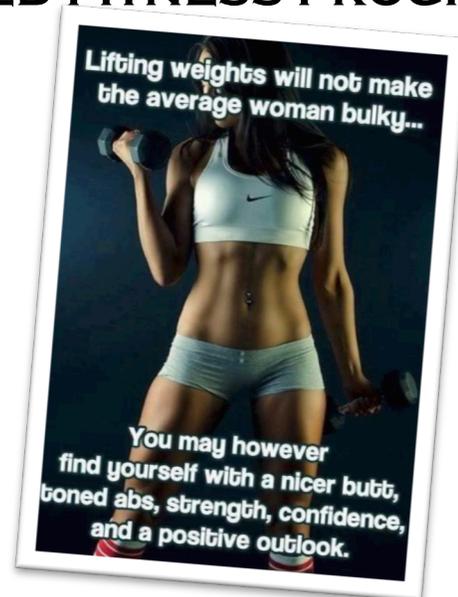


BULLETIN BOARD

1. Like us on Facebook (www.facebook.com/chesspersonaltraining) and follow us on Twitter (@ChessPt) to make sure you stay up to date with the latest information
2. Keep an eye out for more Group Fitness Sessions to be launched in the coming months.

BENEFITS OF A WELL BALANCED FITNESS PROGRAM

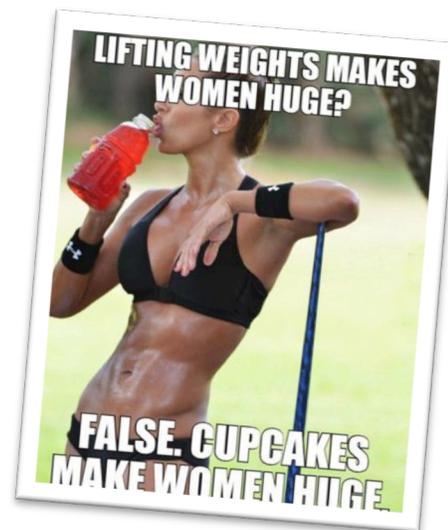
Yes, any exercise is better than no exercise at all, but why is it so important to have a well-balanced workout regime? There is a common misconception that if you want to lose weight, you should focus on cardio. Another is that if women lift weights they will bulk up. It is important to balance cardio training and resistance training for overall fitness.



What cardio does:

Now I'm not putting cardio exercises down at all. Running, cycling, walking, they're all great for building up your overall fitness levels.

However, you only burn calories for the duration of the activity.



Why should I lift weights?

It has been proven that building lean muscle is the best way to blast fat. You will also burn calories up to 48 hours after a resistance workout (depending on what type of workout you did). Lean muscle burns fat for fuel, so if you build lean muscle, your body will take care of the rest.

Won't I become bulky?

The short answer – no. The longer answer – it is impossible to become big and bulky due to lifting weights alone. As a woman – you do not have adequate levels of testosterone in your body to bulk up like men do.



QUICK WORKOUT

Warmup: Spend at least 4 minutes slowly warming yourself up with some dynamic movements.

Jog on the spot (30 Seconds)

High Knees (30 Seconds)

Butt Kicks (30 Seconds)

Side Jumps (Just jump from side to side with a bit of a bend in your legs – not a full squat)
(30 seconds)

Side Lunges (hold each side for 15 seconds)

Reverse Lunges (hold each leg for 15 seconds)

Repeat once more

Circuit:

10 Squat Jumps

20 Burpees

30 Pushups (On your knees are fine too)

40 Lunges

50 Mountain Climbers

60 Second Sprint to finish

Rest for 1 minute and repeat circuit once more.

Cool down & Stretch for 5 minutes

The logo for parkrun, featuring the word "parkrun" in a lowercase, rounded, sans-serif font. The letters are dark brown. A large, light green, stylized tree or leaf shape is positioned behind the text, with its top arching over the "p" and "a", and its base extending under the "n".

Free



Weekly



Timed



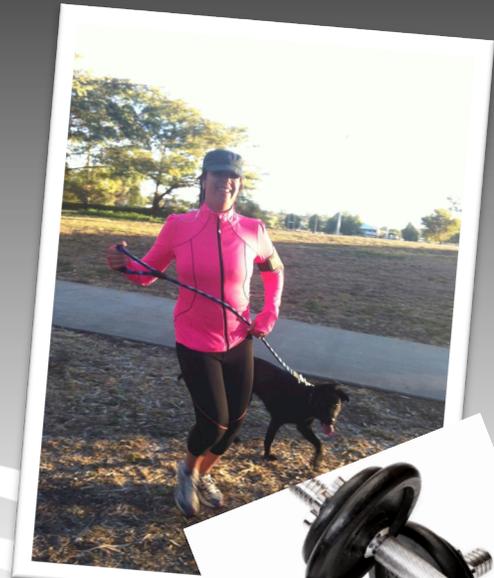
5km

Roma parkrun, every Saturday @ 7am
Big Rig Parklands - 2 Riggers Road, Roma

For more information & to register visit parkrun.com.au

ABOUT CHESS PT

Carien Hesselberg, owner and Personal Trainer at Chess PT is a mum with a passion for Health & Fitness. After years of having babies and finding good healthy ways to return back to her pre-baby body, she decided to enroll in a Personal Trainer Course. Today she has her Cert III and Cert IV in Fitness, is registered with Fitness Australia and has comprehensive insurance through Guild Insurance. She holds a current First Aid and CPR qualification and has also completed some extra courses including a course in pre and postnatal exercises enabling her to best design programs for pregnant women and new mums.



EFTPOS WELCOME!!

CHESS PT – HEALTH & FITNESS

Alexander Avenue

Roma, QLD4455

0432 486 946

chess.personaltraining@gmail.com

www.chesspersonaltraining.weebly.com

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