

# Fit2Go *taking the step to a healthier you*

## A new year.... A new you

**2011 is the beginning of bigger and better things... Fit2Go is proud to launch its first fitness camps in Burnie on 17<sup>th</sup> January!**

I am excited to welcome you into the Fit2Go team and even more excited to get to know you and help you achieve your health and fitness goals by providing a fun and non intimidating exercising environment! Our promise to you is we will help you ***take the step to a healthier you*** by embracing a positive lifestyle change including regular physical activity, well balanced nutritious diet with a lot of fun along the way!

Fit 2 Go Programs are designed for people of all fitness levels. Whether you are just starting out or already have a solid fitness base every session will get your body moving with lots of strength exercises, cardio and a heap of fun!

### **Activities include:**

**Aerobic** – running (at different intensities, durations and hill sprints), stair climbing and skipping to improve your cardiovascular fitness, burn calories and aid in fat loss

**Boxing circuits** (a great stress relief!) as well as all over body toning and strength

**Games** (relays, time trials, team tasks) to facilitate teamwork and encourage group interaction and to have fun

**Core strength** (great for lower back and abdominal problems - has the effect of strengthening these areas) by use of fitness balls and other exercises

**Stretching** - a must for muscular recovery. Helps remove waste from muscles and alleviate soreness

## **Fit2Go Events**

Fit2Go is more than your typical fitness service; our trainers are friendly and personable and committed to providing our clients with the right challenges that enable growth not only physically and mentally but in all aspects of life as well.

### **Bali-Boot Camps 2011**

An action packed week of jungle treks, volcano climbs, cycle tours, boot-camp sessions, hot springs, Balinese cooking and much much more!

It is the perfect way to challenge yourself in 2011 alongside friends, family, colleagues or team mates.

Speak with Sam for more information about dates and prices, or checkout the flyer and itinerary on our webpage [www.fit2go.net](http://www.fit2go.net)

## **Trainers**

### **Samantha Lawrence, Managing Director of Fit2Go**

Sam (Lawrence) launched Fit2Go in Tasmania in 2011 after studying in Melbourne and playing at a National level in field hockey for 3 years.

She has a Certificate 3 and 4 in Fitness, Level 1 First AID, is a Swimming Instructor, has a Level 2 Sports trainer certificate and graduated with a Bachelor of Exercise Science Degree in 2010 from the Australian Catholic University in Melbourne.

Sam, originally from Burnie, was Captain of the VIC U/21 hockey team (2010, 2009, and 2008) and apart of the VIC Vipers Squad 2009 as well as representing Tasmania in hockey and athletics.

Sam has worked as a personal trainer in Melbourne for the past 2 years as well as working with the Kangaroos AFL squad by assisting in pre season preparation.

Firstly congratulations on taking the first step to a healthier fitter you.... The next few weeks will be challenging but extremely rewarding let me tell you now =)!

Before you begin your first fitness camp it is essential you have all the basics to get you through each week and session, most important is a good pair of running shoes. Sports Power in Burnie has joined forces with Fit2Go and every client will receive 10% discount on any fitness apparel, at your first session Sam will give you a Fit2Go card which you can show the Sports Power crew!

Diet will play a more important role in your day to day life especially now you have amped up your fitness intensity and frequency. Now that it is Summer it is vital you bring a drink bottle to every session and aim to drink at least 2 bottles throughout the day, you will notice this will leave you feeling more energized and also help you avoid unwanted snacking, to help you from eating when you are not hungry, have a glass of water and wait 5 minutes, if you are still hungry have a piece of fruit or the Fit2Go granola bars. The biggest mistake people make regarding diet is eating when really they are hungry.

[www.fit2go.net](http://www.fit2go.net) is always being updated with new fitness camps, healthy recipes and the newest fit2go events. Bali-boot camp is the first of many exciting adventures you can train for and challenge yourself with alongside your Fit2Go trainer who will be there pushing and encouraging you the whole way in 2011! More information about Bali-boot camps is on our web page, check out the itinerary and see if it's for you.

The best way for us to improve as trainers is from your feedback, if you enjoyed a session or exercise let your trainer know. If you found something really boring or it wasn't for you, then we will work out a way to make it work!

I hope you all enjoy the first ever Fit2Go fitness camp, I appreciate your support and look forward to some hard but fun sessions!!

Sammy

Managing Director of Fit2Go

## Fit2Go Granola Bars

I have a thing about commercial granola bars, they claim to contain fruit and granola but if you read the fine print you will see that they also have ten different kinds of corn syrup (sugar). I'd much rather make my own with real oats, almonds and dried fruit. These are even better the second day.

- 2 cups oats
- 1 cup sliced almonds
- 1 cup shredded coconut
- ½ toasted wheat germ
- 3 tablespoons butter
- 2/3 cup honey
- ¼ cup light brown sugar
- 1 ½ vanilla essence
- ½ cup chopped dates
- ½ cup chopped dried apricots
- ½ cup cranberries

Preheat oven to 170 degrees. Line a rectangle baking dish with baking paper.

Toss oatmeal, almonds, coconut and wheat germ together and bake for 10 minutes (make sure you mix it half way)

Place butter, honey, brown sugar and vanilla essence in a saucepan and bring to the boil over med heat.

Pour over the oatmeal and add the dried fruit, stir well.

Pour the mixture into the lined baking tray and bake for 15-25 minutes (until a very light golden colour – the mixture needs to sit for 2 hours and will keep cooking and brown in this time.)

Cut into pieces and enjoy as a morning snack with a piece of fruit!