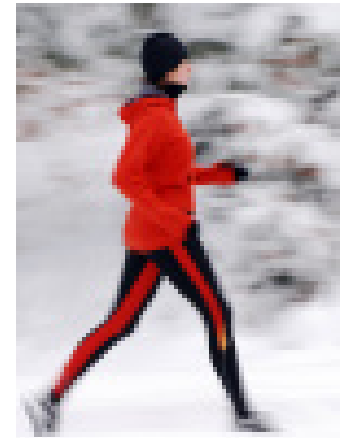


# CLUB $\text{VO}_2$ May Newsletter

## Helpful Hint -Motivation –the “how to” guide

Winter blues may already be starting to set in but now is not the time to start vegetating on the couch. Exercise works in a number of ways to help you feel more energised and happy and will go along ways to banishing those winter blues. Exercise acts as a stimulant to increase metabolism so you feel more awake after exercise. Additionally during exercise the body releases chemicals called endorphins which can be thought of as “feel good chemicals”. If you do struggle with motivation try the simple steps below:



- Exercise early – get it out of the way so others thing don’t get in the way of your exercise time
- Set a goal – Realistic and challenging goals will help keep you on track
- Get into a habit – regular “snacks” of exercise at the same time slot each day go along way to helping to form good habits
- Get a workout buddy so you are responsible to someone else not just yourself
- Ask for help – even when you don’t fee like exercising a **Personal Trainer** will. They will provide the personal touch to monitor your progress, perfect technique, add variety and give you a push when needed. This will certainly help you to reach your goals quicker and achieving your goals will also help with motivation.

## **Auckland Marathon**

The **ClubVO<sub>2</sub>** running group will be starting next **Monday 11<sup>th</sup>** at **6pm** from the club. All members are most welcome and groups will be broken into ability levels so all levels are catered for. Don't be shy, come along and join us for a casual and social group run! Simon has been in contact with those that have already put their name on the list for the **ClubVO<sub>2</sub>** running group to help out with a running plan so please feel free to add your name to this list by emailing Simon at [info@clubvo2.com](mailto:info@clubvo2.com).

## **ClubVO<sub>2</sub> "2BFit Challenge"**

The date for the **2BFit** Challenge has been set for **Saturday 30<sup>th</sup> May** starting at **10am** and the challenge is on! Achievement grades will be sent out via email or see our board upstairs for details. Start preparing now by booking into see one of our friendly staff for a program update specifically designed towards **2BFit**. Awesome **ClubVO<sub>2</sub> 2BFit** challenge T-shirts will be awarded based on the grade achieved and there will be a fun awards lunch with complementary nibbles and drinks provided at the **Flying Moa** after the challenge. This is a great social and challenging event to see exactly how fit you really are! Get motivated, get training and get **2BFit**! Places are limited to 60 entrants so put your name down today. Registrations must be in before the **18<sup>th</sup> May** to receive a t-shirt so talk to one of our friendly staff today for more details or email us to register.

## Quick and Easy Afternoon Snack

Marcus's favorite afternoon snack is the fabulous **Berry Blast Shake**. Great for post workout recovery or an afternoon fill me up snack. This shake is chock full of antioxidant rich berries and honey to help boost the immune system.

In a blender add the following:

1-3 scoops vanilla protein powder

1 cup frozen strawberries

½ cup frozen blackberries

½ cup frozen blueberries

½ cup non-fat plain yogurt (use yogurt containing life cultures to assist the digestive system)

½ cup of non-fat milk

1 tsp honey

1 cup crushed ice

Blend well then serve fresh in a tall glass. Yum!



## **Cycling Specific Spin Class**

Now the days are getting shorter and the weather is packing in some of our members have expressed interest in a cycling specific spin class aimed towards such events as the Round Taupo cycle race. If there is enough interest Olivia will run a 1hr spin class specifically designed and periodised to build performance towards some key events such as Taupo. Olivia is a cycling coach with a number of years experience in the sport of cycling and will provide a program periodised to systematically build endurance and speed. Please check out her website [www.optimizesports.co.nz](http://www.optimizesports.co.nz). There will be an additional charge for members of \$8 for this class and it will be run as an evening class. If you are interested please email Olivia at [info@clubvo2.com](mailto:info@clubvo2.com) with your availability in the evenings. Places will be limited.

## **Quote of the Month**

“Take a 10-30min walk everyday and while you walk smile”

**Happy training from the team at ClubVO<sub>2</sub> 😊**