

Introductory Issue

23 August 2010

Take Note:

WATCH THIS SPACE TO KEEP UP TO DATE WITH EVENTS & HAPPENINGS AT esp fitness. . .

e.g.

Start times for Bridge to Brisbane:

10km starts at 6am from the southern side of the Gateway Bridge

5km starts at 9.40am from Remora Street, Hamilton, turning left onto Kingsford Smith Drive, following the same route as 10km to RNA Showgrounds.

Group run session Friday 4.30pm—Be ready to walk/jog for 30-40 minutes with a great effort!! Less than a week to go now!

Special points of interest:

- esp fitness participating in Bridge to Brisbane on Sunday 29 August 2010
- Expressions of interest open for social cycle outing—who's in?

Quote of the week:

If you want something you've never had before, you may have to do something you've never done before!!

EXPLODING MYTHS of WEIGHT-TRAINING

MYTH: Women who lift weights get big, bulky muscles – YUK!

A fear so many of us have faced at some time – to the point that we refuse to exercise to our own detriment! BUT NO MORE!

FACT: Physiologically, it is quite impossible as women just DO NOT carry the levels of testosterone and human growth hormone required to build huge muscles.

Women may look bulky if they're carrying excessive body fat and building muscle. However, as they reduce body fat due to regular cardio-vascular (Huffy-Puffy) exercise, they'll eventually be able to see their **lean, defined muscles. Yey!** Just what we want!

Most women will only have the ability to regain the muscle that they have lost naturally through living a more sedentary (slower) life since growing out of childhood (activity) and adolescence (approx. age 20)

As muscle is denser than fat, women who lift weights will

only produce much more toned and shapely muscles and because more muscle means a faster metabolism and faster fat burning, there is subsequently a major slow down of the ageing process and a general feeling of WELL-BEING and VITALITY!!!

MYTH: If you stop weight training, your muscles turn to FAT!

How many of us have worried over that old wives tale? "But I was so sporty at school – now look at me – I'm fat!! I don't want to go there again."

FACT: Muscle CANNOT be turned to FAT! Whoo-Hoo!! Turning muscle to fat is just as impossible as turning gold into brass, metal into water or wood into plastic. When have you ever heard of one substance magically turning into another?

If you stop your weight training program your muscles will decrease in size (use it or lose it). Your metabolic rate will also decline because you are



Sandra Mayberry
Fitness & Lifestyle Professional
esp FITNESS

losing active muscle tissue and you may continue eating the same amount as you needed when you were active and training (exercising). Just a habit!

All of this will decrease daily energy expenditure and increase fat gain and will give the impression that muscle is being turned to fat when in fact all that is happening is that muscle is being lost and fat is being accumulated.

LADIES! – Strength train. Be active & Eat for your Health and Vitality. Live for You, your family & the life you want to live!

BENEFITS of COMBINING STRENGTH TRAINING with AEROBIC EXERCISE for PEOPLE with HIGH BLOOD PRESSURE

It is recommended that people with High Blood Pressure obtain a medical clearance prior to starting a supervised exercise program

*Increased strength makes daily activities easier to perform

*Use a lower percentage of strength reserve to perform daily activities

*Being stronger causes lower fluctuations in blood pressure while exercising and just living

*Decreased effort while performing daily activities decreases the pressure on the cardiovascular system

*Decrease in Low Density Lipoproteins, the "BAD" cholesterol



Excite, Educate and Empower mature women to reclaim and maintain their **esp...**

energy . strength . passion

....to live a Fit, Healthy & Full Life after 40!

FEEDBACK IS THE BREAKFAST OF CHAMPIONS

At **esp FITNESS**, we value your 'cheers and challenges'. If you're happy with the results you're getting with **esp FITNESS**, then tell your friends. . . If you're not, then please tell Sandra so she can make the improvements we all want to see and enjoy!

Contact Sandra

International Fitness Professional

Phone: **0407 114 966**

E-mail: **sandra@espfitness.com.au**

WEBSITE COMING SOON!

www.espfitness.com.au

ABOUT & YOUR FITNESS PROFESSIONAL

esp fitness embodies the passion, ever-growing knowledge and experience of Sandra Mayberry, an everyday wife and mother of six; now also your passionate International Fitness Professional.

Approaching 50, Sandra was unfit, tired, lethargic and could easily sleep any time of day and thought this was just the unavoidable 990norm until she began one short, simple strength training session each week.

The life-changing increase in everyday **energy** due to a gradual increase in **strength** to perform daily tasks with ease, was so noticeable that Sandra became **passionate** about living more of life than she had done in years.

The *obvious next step* was to go back to school at the best fitness-business college to learn and perfect the skills necessary to influence the lives of other women with similar needs and desires.

esp fitness has started as a mobile business taking strength and fitness training to the client's home or a nearby park with some very rewarding results.

Sandra's particular interest is in empowering women to recognize their potential to live the full and active life they desire and deserve.

Sandra's earlier career encompassed general nursing, moving on to Midwifery and Child Health. She's now focusing on women and their role in taking a proactive approach to setting sustainable habits for preventative health for themselves and their families.

At **esp fitness**, it's all about individual needs, a program to suit, which may include liaising with the client's doctor or allied health professionals to ensure you are receiving the most appropriate fitness program for your best results.

Sandra plans to open a boutique personal training studio to suit women's requirements and will welcome ladies to view their session as their own weekly micro-break to enjoy—sit a while with a cup of tea either before or after their session time and put life into perspective.

For past/future issues of the esp fitness newsletter, please request via email at news@espfitness.com.au

A BALANCED WAY TO BECOME FIT FOR LIFE

Improving your health and fitness with an **esp fitness** professional is all about a balanced, holistic approach.

DID YOU KNOW—that we do a full health and lifestyle screening prior to your fitness program commencing and that if recommended, our clients are asked to seek a medical release from their doctor or appropriate allied health care professional. We take your health needs very seriously.

DID YOU KNOW—that we offer sound suggestions regarding a healthy eating lifestyle plan and its just part of the service included when training with us. Eating should be enjoyable for everyone—not something to feel guilty about or to **be avoided**.

DID YOU KNOW—that to maintain strong bones for your later years, it is necessary to strength train (lift weights) and that it only takes 30 minutes each week to help avoid osteoporosis this way.

DID YOU KNOW—that one short session of strength training each week has the wonderful effect of producing more energy as your muscles are not fatigued as quickly from normal daily activities and that increased lean muscle mass increases your body's ability to burn fat, both when exercising and when resting. So when doing cardiovascular exercise you become an efficient 'fat-burning machine' - Who doesn't want that?

DID YOU KNOW—that regular 'huffy-puffy' (cardio) exercise is brilliant for heart health, improving circulation, decreasing high blood pressure, increasing lung capacity and your body's ability to use oxygen more effectively.

DID YOU KNOW—that if you wait until you feel thirsty to have a drink of water, you are already dehydrated and our bodies are happiest when we drink approximately one (1) litre of water for every 25kg of body weight per day. Long, clear 'wees' are great!

DID YOU KNOW—that many people spend hundreds and thousands of dollars on idle gym memberships and fancy joggers and gym gear and fail to make a *real* investment in actually improving their health and fitness?

DID YOU KNOW—that a healthy person has many wishes—a sick person has just one!

PLEASE take a little time to look after your body—it's the only place you have to live!

To find out how esp fitness can help you regain and maintain your **energy**, **strength** and **passion** for life or to discuss your specific health, fitness and lifestyle needs please phone or email Sandra. If you leave a message, please detail the best time/s to return your call.

Email **YOUR** questions to: helpme@espfitness.com.au