

Holiday Timetable from Monday 6th January

Monday
6.00am Boxing @ the Beach
9.15am All Body @ Gypsy Park

Tuesday
6.00am Fusion @ Essential

Wednesday
6.00am All Body @ Essential
9.15am Cardio/HIIT @ the Beach

Thursday
6.00am Stretch @ Essential
9.15am Mobility, Activations & Core @ Gypsy Park

Friday
6.00am TRX @ Essential

Regular Timetable from Sunday 12th January

Sunday
8.30am All Body @ Sandy PS

Monday
6.00am Boxing @ the Beach
9.15am All Body @ Gypsy Park

Tuesday
6.00am Strength @ Sandy PS

Wednesday
6.00am Cardio @ the Beach
9.15am Cardio/HIIT @ the Beach
6.00pm Park Run Run Group

Thursday
6.00am Stretch @ Essential
6.00am Cardio @ the Beach
9.15am Mobility, Activations & Core @ Gypsy Park

Friday
6.00am All Body @ Sandy PS

Saturday
8am Park Run @ Karkarook Park

Updates for class locations will be posted for the coming week in the WhatsApp Group every Saturday morning.

Please also note that classes will only go ahead if there is a minimum of 3 participants booked in, those already booked in will be notified directly if class needs to be cancelled.



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New Year, New You!

Planning, the key to success with your New Years Resolution

New Year, New you!

You are excited, you are going to change the world you currently live in. You are going to be healthier, fitter, stronger, more organised and definitely more present. You are going to achieve great things and you are going to start on the 1st of January and will have an amazing year, this is going to be your year!

Highly motivated, possibly on annual leave with time to spare, you jump right in! You join a gym or local bootcamp and go every day. You begin walking (or running) everywhere, sign up to meal programs and start following Instagram accounts of fitness guru's or celebrities buying into whatever it is they are selling. **Nothing is going to stop you, after all it's a New Year and everything changes on the 1st day of the year, right?**

Sometimes the excitement to change lasts two hours (the amount of time you are stuck in the social media platforms buying up useless self help apps and fad diets), sometimes it's two days and sometimes it lasts a few weeks or at least until your annual leave finishes.

Unfortunately, best intentions and motivation wanes, we return to work and no longer have the availability or ability to keep up the intensity we seemed to have whilst on holiday or we get injured as we went at it all too fast and then everything gets too hard and you just stop.

Sound Familiar?

Sadly, in the fitness Industry I hear and witness this type of NY resolution behaviour all the time. I annoyingly also see many companies take advantage of vulnerable people during this time of year and it makes me sad that so many could lead others astray for a quick \$.

So, time to get to the bottom of how you will succeed this time. How do we stop this hamster wheel of broken resolutions and actually get some traction on the way to a healthier you?

It's as simple as better planning.

Without a plan you are unfortunately destined to fail. Planning is a crucial part to anything you want to succeed in life and your health is one of the most important.

Many also put their health at the bottom of the pile using fad diets and programs to bring about instant body image happiness that lasts for as long as the fad lasts. You stop and then you spiral into deeper unhealthy habits.

You must start to treat yourself as your #1 client.

Think about it, you are the client that brings in the \$, feeds the kids, cleans the house, helps with the homework, organises holidays, spends quality time with the family, etc. You are your once in a lifetime client, the one you want to keep healthy for as long as possible. Healthy for 365 days a year for the rest of your life, not just 28 days or 8 weeks. Imagine if something happened, to you the #1 client, you got sick, became so unwell you couldn't work, couldn't play with the kids anymore, worse still you drew the game over card. Ouch hey? It happens when we chase unhealthy options and look for short term fixes. Life is already full of stuff, a short term fix just intensifies our 'stuff' and makes us stress more.

Ok, but where do you start? Time to go get a piece of paper and a pen and answer some questions, honestly!

#1 What exactly is success for you? We are all different and what success is for one person will be completely different for another. Our definition of success may also change multiple times in our lifetime, 25yo you would more than likely have a different opinion to 45yo you.

#2 How will you know when you have succeeded? Is your success measurable? Can you put a number on it? Eg. Weight loss, flexibility, ability to run certain distance or time, more time with family, financially secure, etc.

#3 What has held you back prior to now? Excuses, illness, lack of planning, time constraints, alcohol as stress relief, kids activities, social activities, fear of hard work, friends that are disablers? Do you procrastinate? Do you put your "C" & "B" to do list ahead of your "A" to do list because your "A" list is just too hard? Do you set the bar too high to begin with and then when it all becomes too much to keep up with you throw in the towel or are you a people pleaser and take on other people's goals losing sight of your own and thus pushing yourself down to the bottom of the list? (I see Parents do this often)! Be Honest otherwise you will not get off the hamster wheel you are on.

#4 What are you willing to give up or sacrifice to make success happen? Remember this is not a short term plan, the sacrifice is not just an interim, it is forever. Do address the elephant in the room and refer to your answers of #3 to understand what usually holds you back, this will give you true answers for what you should give up? Be honest and ready to give up things that truly aren't good for you.

Continued over....

New Year, New You!

Planning, the key to success with your New Years Resolution

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#5 What is the cost? Financial and Non-Financial Gym memberships, trainers, time, equipment, clothing, research, other activities that must be dropped.

#6 Who do you need to help you? Friends, Family, co-workers, external companies, health professionals. Ensure they know your plan and are enablers, not disablers.

#7 What are you going to do when motivation wanes? How will you stay committed on the road to success, can you ensure those listed in #6 will be there throughout. If not, work out better options.

#8 What happens when you are successful with your goals? Once goals are attained it is very easy to slip back to old habits, how will you stop yourself from yo-yo'ing back to the old you? Hopefully new habits will have formed, but sometimes we lapse as have not planned our next venture. Have short term goals that lead to your long term goals, as you progress, make sure you create new long term goals. Also remember life circumstances are changing all the time, so your goals should change to your life circumstances.

Once you have answered all of the above, and only then, should you start to write down your goals, short term and long term. Make sure they are **S.M.A.R.T - Specific, Measureable, Achievable, Relevant to you (not your best friend) and within a Time frame that is realistic.** Review the goals again if they are truly SMART, then set your plan in motion.

Remember throughout, you don't have to be the best at everything, just bring your best. You also shouldn't beat yourself up if you have a bad day, just move on and forward learning from each experience, what went wrong, what worked well. Learn and grow, evolve, it's what we do as a species all the time.



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Heat Exhaustion & Heat Stroke

At this time of year when the weather is amazing we get out and exercise more, we hit the beaches and the pools to try and cool ourselves down, and we spend many hours outdoors under the beating sun. Sometimes during this time we forget to keep our fluid intake up and become dehydrated very quickly. Not treated, dehydration and continued exposure to extreme conditions can sometimes lead to a couple of very scary reactions within our body called Heat Exhaustion and Heat Stroke. Both of these are serious conditions and can result in death if not treated correctly and immediately.

To help you all better understand these conditions and prepare your exercise and outings accordingly, please see the below lists directly from Red Cross Website. Please also try and stay cool in hot weather, keep hydrated and watch for the signs and symptoms of heat exhaustion and heat stroke. Note that the risk of heat related illness can increase with young children, the elderly, during pregnancy and those taking certain medications.

What is heat exhaustion?

Heat exhaustion happens when someone becomes dehydrated due to fluid loss from a hot environment and/or excessive physical activity

Heat exhaustion signs and symptoms

- Headache
- Body temperature less than 40 degrees Celsius
- Muscle cramps
- Exhaustion and general weakness.
- Nausea and/or vomiting.
- Dizzy spells.
- Pale, cool, clammy skin at first, becoming flushed and red later.
- A rapid, weak pulse

Heat exhaustion treatment

- Help the person to lie down at total rest in a cool or shady area to monitor
- Remove excessive clothing and loosen any tight clothing
- Cool by fanning and moisten skin if possible
- If fully alert and responsive, give them frequent small drinks of water
- If muscle cramps occur, gently stretch the affected muscles to ease pain
- If unresponsive, place in the recovery position.
- If the person is unable to drink, vomiting, unresponsive, or does not improve call 000 for an ambulance
- Prepare to give CPR if necessary.

What is heat stroke?

Heat stroke is a life-threatening emergency and can cause a person to collapse or fall unconscious. Heat stroke is more serious and means the body is no longer able to regulate its temperature by cooling the skin's surface by sweating. The internal body temperature rises, and organ damage can occur.

Heat stroke signs and symptoms

- Typically no longer sweating.
- Red, hot and dry skin.
- A body temperature over 40°C.
- A rapid, strong pulse.
- Rapid, noisy breathing.
- Irrational or aggressive behaviour.
- Deterioration of the conscious state.

Heat stroke treatment

- Call 000 for an ambulance immediately
- Cool the person using wet towels or a wet sheet with a fan directed across the surface.
- If ice packs are available, wrap them in towels and place them around the neck, groin and armpits.
- If shivering occurs reduce active cooling.
- Monitor the person continually
- If unresponsive or not alert, place in the recovery position.
- Prepare to give CPR if necessary.

<https://www.redcross.org.au/get-help/emergencies/looking-after-yourself/heatstroke-and-heat-exhaustion>

What's New?

HOUSEKEEPING:

Booking your classes in Advance

Last minute booking = last minute planning.

Pre-booking all your spots in advance means you will be setting yourself up to form good weekly or daily exercise habits. You are less likely to cancel out of a class if you have it locked in and will work around your diarised exercise session rather than find reasons why you can't attend. Planning well also means you are more likely to succeed at attaining your goals. Remember you aren't doing yourselves any favours booking in as you make your way to class. If you want to succeed, you must learn to plan better.

Booking in advance also assists Rachael and I create amazing programs for all the classes in advance and whilst we are great at thinking on the spot, we know that we can provide better programming for all attendees if we know at least 24 hours in advance of everyone's attendance, especially if you are carrying any injuries.

Therefore, we ask everyone to please book **ALL** of your classes once you purchase your session cards. You can still cancel out of a class up to 12 hours prior if unwell or there really is an urgent situation that crops up. Up to end of March classes are listed in the MyPTHub calendar so there really are no excuses as to why you cannot book.

Once you have planned ahead and booked all your spots, you can add these to your own personal calendar via the App, there is a link under settings titled Calendar, then just select Connect.



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Park Run + Run Club.

In conjunction with the global phenomenon taking hold of parks all over the world, we are encouraging all members to join our local Park Run. Park Run is held every Saturday morning across the globe, our local one is at Karkarook Park, Warrigul Road, Moorabbin.

The beauty of Parkrun is that there are multiple spots throughout Australia and the world that you can run at. So if you can't make the Karki Park Run as you are away from home due to kids sport or a holiday you can still potentially enjoy a great 5km walk or run with like minded people.

There is also a regular Wednesday evening ParkRun group that have a training session around Dendy Park, they meet at 6pm at the Car Park in the middle of Dendy Park. This is available to any Karkarook Park Run Group Members and is highly recommended to any who cannot attend or commit to the other sessions we run during the week.

To run, you must be a parkrun member so please check out the website <https://www.parkrun.com.au/> for further details on how to join (it's free) or <https://www.parkrun.com.au/karkarook/> for Karkarook Park specifics.

You don't have to be a runner, the 5km can be walked, crawled or run and kids are welcome to join with you too.

Wednesday 6am Class Change of Location and pace!

Now the weather and daylight seems to be more conducive to outdoor activities, from Wednesday 15th January the Wednesday Morning 6am Fitness Group is moving back outdoors and heading down to the beach.

Please ensure you watch the weekly WhatsApp Group notifications for class locations. Classes will move along the Sandringham Foreshore on the beach and will more be cardio focused now you have all spent the winter months building great muscle base in the studio.

Pilates with Kate

At the beginning of Term 1 the Men's training group will be undertaking a 5 week Mat Pilates program with Kate Davison our awesome resident Pilates Guru.

If all goes well, Kate and I are hoping to be able to find a suitable time that works in our schedules to run a more permanent class for all of us in the future. Stay tuned!

January Promotion: Earn Yourself Some **FREE CLASSES!

Refer a *friend in January and if that friend joins as a 20 session pass member in the same month you will get 2 free classes (20 credits) added to your client profile!

*Friend cannot be a current, returning or renewing client of Metamorphosis Fitness Coaching & Personal Training

**Cannot be used in conjunction with any other offer. Credits cannot be transferred or redeemed for cash. Free classes must be booked within 3 weeks of receipt of credits.