



PERSONAL TRAINING

April 2017

Welcome to our April newsletter - we trust you have managed to have some down-time over Easter, and for those with children or grandchildren, hope you enjoy the school holidays.

We are up and running again with yoga classes, and will be kicking off with Sunday evening classes - getting you relaxed and focused for the week ahead. These classes are suitable for anyone new to yoga as well as those that have done yoga previously. Starting on 30 April, the sessions will be Sundays 5.00 - 6.00pm, maximum of 8 in the class, \$100 for a 6 week block, and will be tailored for all participants as much as possible. Mats will be provided if you don't have one, and we encourage a relaxed and friendly environment. Allie, the instructor, is extremely experienced and qualified, and is looking forward to helping you improve your health and wellbeing through the medium of yoga. There will be a focus on breath, alignment and mindful movement. Contact me now if you wish to secure your space.

Monday 1 May will see the start of a 6 week circuit programme - designed to improve your fitness, strength and core. Sessions are after work times, 45 minutes duration, with a variety of activities week to week. As with yoga we have small group sizes to allow individual attention and tailoring. We provide a good balance of fun and hard work, with a focus on safety and maximum benefit. Spaces limited so don't miss out - email me now jenny@pulse4pt.co.nz.

Even though winter is drawing closer, there are still many events for you to participate in so check out details below for something that may suit you and your goals.

And with the talk of winter, now is the time to start thinking about your overall health, and giving your immunity an extra boost to combat colds and flu. Increasing your fruit and vegetable intake is a great way to do this, so have a look at the article below on how you can make simple swaps to improve your diet.

If you know of someone who is considering getting a personal trainer but still not sure, here are some comments from a past client which you could share to highlight what they could expect from Pulse Personal Training:

"Pulse PT are friendly, flexible, affordable, they listen to your needs, and they know how to get the most out of you each workout."

Jenny and Hayley

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'Like' my page to keep up to date with what is happening and get some great tips



Exercise Made Simple

Here's some helpful hints to make your exercising easier and more enjoyable:

- Dress appropriately - make sure you are wearing the most appropriate clothes for the exercise you are doing and the conditions (eg. sun/wind/rain etc)
- Exercise the same time each day (as much as possible) to help with forming habits
- Don't miss a workout - even if you can only do 10/15 minutes - still do this amount rather than missing, once again to help with forming habits
- Note in a diary what you have done - you can look back and see your progress. This is particularly good when you might have a 'down' day.
- Stop looking at exercise as a "have to" - exercising is an investment in your body and your health.
- If you are struggling to get out the door, put on your workout gear - then it would be silly not to actually workout!!
- No-one ever regrets "working out".
- REALLY note how you feel post-exercise - I bet it is great.

Study: Exercise Reverses Decline in Cell Function

A recent study has shown how exercise promotes the rebuilding of structures within cells that degrade as we age. Mitochondria play a key role in transporting chemical energy within cells, but their ability to do so declines as we age. A study has

Vege Upload

Here are some simple ways to increase your fruit and vege intake - a must for this time of year leading into the cold/flu season:

- Swap your morning tea muffin for a banana
- Swap your afternoon tea biscuit for carrots with hummus
- Swap your lunchtime chicken and mayonnaise sandwich for a chicken salad
- Make a rainbow of colours with your veges at dinner
- It's nearly soup weather - add extra veges to your bowl
- Experiment with a new seasonal vege each week - research how to cook it so it is tasty and appealing enough for a second try



Compound Exercises

You may have heard of compound exercises and wonder what they are and why we do them. Or this may be a completely new term for you.

A compound exercise is one which uses multiple joints and muscles. Compare these 2 different exercises:

- Squat - think about how many muscles and joints are involved in this movement.
- Bicep curl - this exercise is working just the bicep

There is no right or wrong, no better or worse - they

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Biopsies were taken from thigh muscles prior to and following an exercise programme, with three different exercise groups. Strength training showed that there was a significant increase in muscle mass, and participants undertaking high intensity interval training proved to have reaped the greatest benefits in terms of mitochondrial function.

The younger age group experienced a 49% increase in mitochondrial capacity, while an older group (between 65 and 80 years) enjoyed 69% gains. The study's senior author said "these things we are seeing cannot be done by any medicine".



NOTE TO SELF:

I'm going to
make you so proud



beneficial to undertake compound exercises, so that you work as many muscles as possible in the time you have. Additionally, compound exercises tend to be more functional, meaning this is the type of activity you may need to undertake in your everyday life and therefore you want to be strong performing this movement.

Upcoming Events

- **Saturday 22 April**, Whitehall Ridge Traverse, Cambridge, 17km off-road walk
- **Saturday 6 May**, T42 Central Plateau Trail, variety of walking and running distances as well as a mountain bike
- **Saturday 6 May**, Rotorua Marathon, variety of walking/running distances starting from 5.5km
- **Saturday 6 May**, Waiheke Half Marathon, 10km or 21km walk or run
- **Saturday 13 May**, The Great Cranleigh Kauri Run, Coromandel, 13km, 23km or 32km walk or run
- **Saturday 13 May**, The Nugget, Waihi, a range of walks, runs, multisport events
- **Sunday 14 May**, Mother's Day Fun Run/Walk, Hamilton Gardens, 5km
- **Sunday 21 May**, Pirongia Forest Park Fun Run/Walk, 6km or 2km



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