

*What's happening at LAfit?*  
**April Newsletter 2017.**



So you can eat the odd chocolate egg (and enjoy it too) we researched the experts for tips on how to keep your health on track over the sweetest weekend of the year.

**1. Don't bulk buy**

“Only buy a small amount of good quality chocolate, rather than lots of poor quality chocolate,” says accredited practicing dietitian [Melanie McGrice](#). The darker the chocolate the more antioxidants, so chocolate with 60 per cent cocoa is a good option.

**2. Keep chocolate for dessert**

“Eating Easter eggs on an empty stomach will spike blood sugar levels and put you on a hunger and energy level roller coaster,” says naturopath [Tim Altman](#). “Make sure you eat Easter eggs after having a protein-based or high fibre meal.”

**3. Choose wholegrain hot cross buns**

“Wholegrain hot cross buns have more fibre and contain far more vitamins and minerals than normal ones, plus they're more filling,” Altman says. “You'll find them in health food stores and good bakeries.”

#### **4. Share your sweets**

“If you have an abundance of chocolate, don’t leave it lying around the house to tempt you,” says [Australian Diabetes Council](#) accredited practising dietitian Mellissa Hay. “Share them around with friends, family or work colleagues.”

#### **5. Small is smart**

Here’s some good news for chocaholics – recent US research found healthy people who eat chocolate regularly tend to have a lower BMI than those who don’t eat it at all. But the key is having small amounts. “A big Easter bunny can have as many as 1075 calories, whereas the small hollow eggs only have about 72 calories,” Hay explains. “Go for smaller eggs and savour the flavour.”

#### **6. Stock your fridge**

Have plenty of delicious healthy foods on hand so you don’t automatically reach for the Easter eggs. “Find healthy substitutes to chocolate that still satisfy your sweet cravings,” suggests accredited practicing dietitian [Ashleigh Brunner](#). Use cocoa powder to make hot chocolate or smoothies or make fruit kebabs to dip in melted dark chocolate.

#### **7. Try raw chocolate**

Have you tried cacao? It’s chocolate in its raw form and is packed with antioxidants, calcium and potassium. “Cacao raises our serotonin levels, acting as an anti-depressant, reducing PMS systems and mildly improving mood,” says health coach [Claire Obeid](#). “It can be used for cooking, adding to smoothies or sprinkling on muesli.” Try making these [cacao and chia seed](#) treats for a sweet, nutritious hit.

#### **8. Give in to your cravings**

“Easter is a special occasion and it is okay to eat some chocolate,” Brunner insists. “Studies have proven that if you deny your food cravings, you are more likely to overindulge.”

#### **9. Monitor your food**

Stop mindless snacking over Easter by keeping a food diary – a US study found people who kept daily food records lost twice as much weight as those who kept no records.

#### **10. Build a calorie bank**

Try to exercise every day over Easter to balance out the consumption of extra kilojoules. “The more fuel you burn off via exercise, the more it will counterbalance the extra input,” Altman explains. Get the whole family involved by going for a bike ride, a beach walk or playing a game of touch footy

## Easter Opening Hours and Classes

Good Friday 14th April: CLOSED  
Saturday 15th April: 8.00am - 6.00pm  
Sunday 16th April: 8.00am - 6.00pm  
Monday 17th April: 8.00am - 6.00pm  
Tuesday 18th April: 8.00am - 6.00pm  
Wednesday 19th April: Back to normal hours.

CLICK ON THE BELOW WEEKS TO SEE THE EASTER LAFIT TIMETABLE:

[Monday 10th - Sunday 16th April 2017](#)

[Monday 17th - Sunday 23rd April 2017](#)

## Anzac Day 25th April

Centre Open: 1pm - 6pm  
NO CLASSES

## Bupa changes to Extra Products

From 1 June 2017, gym memberships will no longer attract a benefit on Bupa products. Accordingly, Bupa will cease our provider registration from 1 June 2017.

## Emily's Pump and CX Class Covers

Emily will be away from Monday the 3rd April until Friday the 14th April. Below are the instructors covering her classes.

- **MONDAY APRIL 3 & 10 : 5:30PM - PUMP - Hayden**
- **TUESDAY APRIL 4 & 11 : 6:15AM - PUMP - Matt**
- **WEDNESDAY APRIL 5 & 12 : 5:30PM & 6:20PM - PUMP & CXWORK - MATT**
- **THURSDAY APRIL 6 & 13 : 6:15AM - PUMP/CX - TIM (6<sup>TH</sup>) / Hayden (13<sup>th</sup>)**
- **SATURDAY APRIL 8 : 9:15AM - PUMP - Aileen**

**Members please note:** All classes will be taken to suit each instructor's strengths and style. This will ensure you get a quality class experience. Please come along and try something different so you can get a feel for how different instructors structure their classes, as well as the unique experience they bring to your session.

**New RPM Bikes Coming!**



We are excited to announce that we are replacing the RPM bikes with brand new BODY BIKES at the end of May!  
Here is some info about them....

BODY BIKE SMART®+ sets new standards for indoor cycles. It combines state-of-the-art technology with functional design providing the cyclist with a superior indoor bike.

It features a revolutionary innovation: SMART Charge. With every pedal stroke you create power. And the harder you pedal the more power you produce. Power to recharge your mind, power to recharge your body, and power to charge your phone.

BODY BIKE SMART®+ is equipped with a generator ensuring a battery-free, eco-friendly and self-sustaining workout. The power generated by the user allows for data transfer via ANT+ and Bluetooth®, and it supports SMART Charge. Bring a USB cable, plug it in and start pedalling. Download the BODY BIKE® Indoor Cycling app from Google Play or Appstore to get your data displayed right in front of you.

The design is focused on user-friendliness:

- The SMART Release adjustments offer the indoor cyclist the possibility of adjusting his/her position from the saddle.
- The side covers protect the cyclist from the rotating flywheel
- The 4-point magnetic service hatches provide easy service access
- The unisex SMART saddle is designed with comfort in mind

Outdoor pools close:

**Monday**  
**May 1<sup>st</sup> 2017**

*(Last day - Sunday 30<sup>th</sup> April)*

