

The team at Bodyguard Health Club hope you all a safe and happy Christmas. We also hope you are ready to work hard and make it your fittest and most fabulous year!

Listen up!!

- * Attention early morning movers!! As of **Monday the 16th of January**, you will need to get your fit tushies out of bed 15 mins earlier! Classes will start at **6am**... that's right... **6am!!!** This way, you guys will still be able to leave by 7am, but you will also get a full workout in!!
- * As for all the rest of you class junkies... keep your eyes on the timetable, not only do we have a brand new program (you're going to love it!!), we have a brand new timetable starting on **Monday 16th of January**.
- * So let's just recap...

MONDAY 16th JANUARY!!

BIG CHANGES!!!

Did You Know?

- * Ginger can help ease your pains. In a recent study, ginger was found to reduce the severity of exercise induced pain by 25%.



Bodyguard Health Club Christmas BBQ...

On Saturday 10 Dec, the clouds parted and we enjoyed not only good company, a few drinks and delicious BBQ, but also the sunshine! After weeks and months of rain, it felt great!

Our Master Chef John was up at the crack of dawn, working that BBQ. And if you sampled the pork, you know it was completely worth it...

A perfect lazy afternoon in the sun was spent getting to meet new faces and reconnecting with familiar ones.

Thanks John and Lia!



Ladies that lunch do so at Eschallot...

To kick the season's festivities off to a roaring start, on Friday 9th December, Karla hosted her annual Christmas lunch & dinner at Eschallot. More than 20 ladies & more than a few men ditched the trackies, tshirts & singlets, put on some fancy threads &

enjoyed a stunning two course meal with the requisite wine of course! Perfect food & sparkling conversation was enjoyed by all. Sadly, Marie Senior could not attend this year & was greatly missed. Our thoughts are with Marie & her family.

Post workout protein?

During your workout you tear and damage the skeletal muscle tissue. Drinking a protein shake after a workout, however, provides the nutrients and amino acids necessary to start the recovery and regeneration process. The amino acids help to build and repair muscles and bones along with other body cells damaged during the workout.

Maple-glazed pork with roast pumpkin salad

Preparation Time

10 - 15 minutes

Cooking Time

30 minutes

Ingredients (serves 4)

- 750g pumpkin, deseeded, cut into 1.5cm-thick wedges
- Olive oil spray
- 2 tsp fennel seeds, lightly crushed
- 125ml (1/2 cup) fresh orange juice
- 60ml (1/4 cup) maple syrup
- 2 tsp finely grated fresh ginger
- 1 garlic clove, crushed
- 600g pork fillet
- 1 bunch rocket, trimmed
- 1 small red onion, halved, thinly sliced



Method

Preheat oven to 200°C.

Line 2 baking trays with non-stick baking paper. Place the pumpkin, in a single layer, on 1 lined tray. Spray with olive oil spray. Sprinkle with the fennel seeds. Season with pepper. Roast for 30 minutes or until golden.

Meanwhile, place the orange juice, maple syrup, ginger and garlic in a small saucepan over medium-high heat. Bring to the boil. Reduce heat to medium. Simmer for 5 minutes or until the glaze thickens slightly.

Heat a large non-stick frying pan over high heat. Spray with olive oil spray to grease. Add the pork. Cook for 1-2 minutes each

side or until golden. Transfer to the remaining lined tray. Brush half the glaze over the pork. Bake in oven, brushing with a little of the remaining glaze halfway through cooking, for 15 minutes for medium or until cooked to your liking. Cover with foil. Set aside for 5 minutes to rest. Combine the pumpkin, rocket and onion in a large bowl. Thickly slice the pork. Divide the salad and pork among serving dishes. Drizzle over the remaining glaze to serve.

“Don’t let
what you
cannot do
interfere with
what you can
do”
John Wooden

It’s a Group thing... A few facts about BTS!!

It’s a group fitness thing to be more precise. A group fitness phenomenon from BTS.

BTS is a division of The STEP Company, inventors of The STEP®, the original step training phenomenon sold into over 20,000 clubs and a fitness staple for literally millions of participants.

Through The STEP, we learned all about “fitness phenomenons” at the same time we were creating ours. We watched firsthand as thousands of our club members went to STEP classes. While we, on the other hand, went to school.

We learned from the most successful STEP classes that group fitness worked only as well as the programming behind it. The moves, the music, the instruction, the fun and the diversity. Control all that and you have a group fitness phenomenon that truly delivers. For the participant, it’s fitness results that are actually fun. For the club, it’s member participation and member retention at all-time, record

highs.

Today, BTS has a series of group fitness programs that do all of that. Group Power®, Group Kick®, Group Step®, Group Ride™, Group Centergy®, Group Groove™ and our newest program, Group Active™ are the new fitness phenomenons. Each program is carefully designed to deliver a

simple, fun and effective social experience independent of barriers like gender, age or fitness level. Each program has been professionally designed by Program Development Teams that include some of the world’s most experienced pro-



grammers. Each quarter, the team creates a new release, or class, for each program which entails a rigorous and thorough development system.

In addition to the expertise of the Program Development Teams, each program release must be approved by



Music Evaluators, Program Test Teams and our BTS Safety Advisory Board. Each program release is tested in 60 classes to 1200 participants in various markets before its official release to clubs and instructors each season; Winter, Spring, Summer and Fall.

Once the clubs and instructors have launched the new releases, comprehensive surveys are completed by the clubs and instructors to gain valuable feedback for future program direction. This program development system ensures simple, fun and effective group fitness experiences to get more people moving.

Imagine! Music, moves, programs that never grow stale, results for your club members and your club alike. All controlled and planned, packaged and delivered. It’s something that has phenomenon written all over it. It’s group fitness programming from BTS; it is most definitely, a group thing.

