

## JANUARY e~NEWSLETTER

Welcome back and happy New Year to all!

We hope you had an opportunity to recharge your batteries.

Don't be alarmed if extra kilos have '*accidentally*' extended your waistline during the holiday break; even personal trainers can over-indulge at this time of year!

XOSIZE can help you set achievable health and fitness goals this year and make 2007 really count!

*Yours in health and fitness,*

*Scott and team at XOSIZE*

This month's E-newsletter includes:-

- **Upcoming Events**
- **XOSIZE Running Group – *Takes Off!***
- **XOSIZE Fun Run - 11 February**
- **Calories and Alcohol – *What does it all add up to?***
- **Birthdays**
- **Website of the month**
- **Quotable quotes**
- **Don't try this at home**
- **Odd Spot!!**

### 1. Upcoming Events

Looking for a fitness goal for mid 2007?

Check out these two events.

#### **Beat the Boat Fun Run - Sunday 11 March 2007**

'Beat the Boat' is a unique fun run and walk that challenges you to race a boat along the glorious Yarra River trail. This event is part of *Moomba Waterfest* and is suitable for runners and walkers of all fitness levels.

- Raise money for the National Stroke Foundation
- Win great prizes
- 3km run or walk
- 10km run

Check out the website for more details:: <http://www.strokefoundation.com.au/pages/default.aspx?id=1&PageID=196>

### **The Herald Sun/City Link Run for the Kids – Sunday 1 April – 15.2km or 3.4km**

This event is for a great cause with proceeds going to the Royal Children's Hospital.  
<http://www.r4k.com.au/r4k/>

### **2. XOSIZE Running Group – Takes Off**

For those of us who don't consider ourselves to be runners but would like to improve, why not try the XOSIZE Running Group Sessions?

The sessions have really started to *take off* and we have participants at various running levels. Beginners are welcome.

Sessions are held on **Saturdays @ 7am – 8am, McKinnon Reserve**, cnr Tucker and McKinnon Roads. Cost for 10 weeks is \$70 or casual session are \$10.

This is a great way to improve your running and get you started on the fun run circuit!

Contact Scott for more information.

### **3. XOSIZE (Fun Run/Walk) – RACE 4**

In 2006, the XOSIZE fun runs held at Duncan McKinnon Reserve proved to be a huge hit with our clients and the local community. So we are pleased to announce that we plan to continue the fun runs in 2007.

Distances include:- 2.5km, 5km or 10km.

The first race for 2007 will be held on **Sunday 11<sup>th</sup> February 2007 @ 10am, Duncan McKinnon Reserve.**

Entry is free; however a gold coin donation is appreciated with all proceeds going to Diabetes Australia.

See you at the track!

### **4. Calories and Alcohol**

Did you know it would take 20 minutes of cycling at 15kms/hr to burn off 1 full strength can of beer?

Ever wondered how many calories (kilojoules) are in each alcoholic drink?

Check out the following table:-

Drink	Calories	Kilojoules
Full strength beer (can)	135	563
Midstrength beer (can)	109	461
Archer's Schnapps Aqua Orange	200	836
Archer's Spri, lemon	151	627
Bacardi and coke	120	500
Bacardi breezer (orange, lime and pineapple)	190	795
Bourbon and coke	120	500
Bundy and coke	120	500
Jack Daniels and cola (can)	280	1170
Jim Beam (white) (can)	265	1110
Jim Beam (black) (can)	300	1255
Lemon Ruski	220	920
Malibu Chill	185	775
Midori illusion	200	840
Vodka Cruiser	210	880
Vodka and lemon, lime and soda UDL	255	1065
Wild Turkey and cola	275	1150
Wild turkey and dry	270	1130
Woodstock and cola	220	920

#### Activities required to burn off calories

Activity	Amount of calories burned off	Amount of kilojoules burned off
1 hour tai chi or yoga	281	1180
20 minutes cycling (15km/hr)	141	591
1 hour medium level aerobics	422	1772
1 hour kickboxing	704	2957
1 hour pilates	300	1260
1 hour push ups and sit ups	317	1331
30 minutes skipping	352	1478
30 minutes heavy weights	211	886
30 minutes walking fast	211	886
30 minutes jogging	317	1329
30 minutes freestyle swimming	282	1182
1 hour basketball	845	3547
1 hour netball	660	2772
1 hour competitive soccer	704	2957

1 hour skateboarding	352	1478
1 hour surfing	211	886

Source: - <http://www.weightloss.com.au/weight-loss-tools/energy-needs-calculator.htm>

#### 5. Birthdays cake goes to.....

Happy Birthday to:

XOSIZE McKinnon Studio (1<sup>st</sup> Birthday – 26<sup>th</sup> January 2006)

Kristy Finnigan

Simon Senior

Robyn Wellspring

Lucy Thynne

George Antoniadis

Effie Koumaras

#### 6. Websites of the month

[www.caloriesperhour.com](http://www.caloriesperhour.com)

#### 7. Quote of the Month

*Health is certainly more valuable than money because it is by health that money is procured.*

~Samuel Johnson

*Those who think they have not time for bodily exercise will sooner or later have to find time for illness.*

~Edward Stanley

#### 8. Don't Try this at Home

Now this is crazy!

Most Push-Ups (Using Back of Hands) in One Hour

**WHO:**

Doug Pruden

**WHAT:**

1,781

**WHERE:**

Edmonton, Alberta, Canada

**WHEN:**

July 8, 2005

The most push-ups using the backs of the hands in one hour is 1,781 and was set by Doug Pruden (Can) at Body Quest Health Club, Edmonton, Alberta, Canada on July 8, 2005.

**9. ODD SPOT!!**

**Territorial Dispute Turns Violent**

Sometimes 3 meters is too far, even for a world-class marathoner.

On a recent training run, top marathon runner Hendrick Ramaala and a group of fellow athletes were asked to add an extra three meters to their 3.5km training course so they could avoid running through a restaurant's premises. When the runners refused, a fight ensued and led to one of the runners being stabbed.

Read the article:- <http://www.suntimes.co.za/PrintEdition/Article.aspx?id=353186>