



MANLY BEACH HEALTH CLUB

FREE PERSONAL TRAINING VOUCHER



Welcome to the club...!
Thank you for downloading your
**FREE 30 min Personal Training
Taster Pack.**

This pass entitles you to a
**FREE 30 min Personal Training
session at
Manly Beach Health Club.**

HOW TO ACTIVATE YOUR PASS

Bring this pass into the club during office hours, or
phone 02 8966 9257 to set up an appointment.

*Note please check our website for up to date staffed office
hours www.manlybeachhealthclub.com*

CONDITIONS:

Please bring identification to demonstrate that you
are over 18 and that you are a local resident (eg. a
drivers license, rental lease or electricity bill with
your address)



* Once downloaded you have 4 weeks to activate your free Personal Training session. One trial only per person. Conditions apply. Local residents only . Must be over 18.

5

ways to blast belly fat



MANLYBEACHHEALTHCLUB

Home to:

MANLY Beach Lifestyle PROGRAMS



ebook series

5 ways to **blast** belly fat!

Carrying weight around your stomach is considered a major factor in your risk for various diseases such as heart disease, and stroke.

But **BELLY FAT** can be easy to shift... if you know how.

Here, we look at 5 health insights to help you manage your waistline.



Meditation

Tip: Try meditating or sitting in silence for 5 mins a day, and increase each week working up to 20 or 30 mins a day

When you are chronically stressed, your body responds by assuming that you are in physical danger and sets off the 'fight or flight' response with a burst of adrenalin. At the same time it releases the potent hormone cortisol.

Too much cortisol will slow your metabolic engine, which could counter-act your weight loss efforts. Excess secretions of cortisol promote abdominal fat storage, which has been linked to a greater risk for heart disease, cancer and stroke.

Relaxation on the other hand, encourages your restorative hormones.

If Meditation is not your thing, then try a yoga class, going for a walk, laying down outside and listening to the birds – anything to switch your mind off and create some space and peace in your mind.



Know your **fat** burning zones

The human body uses 2 main fuel sources
– **fats and carbohydrates.**

The body burns a combination of the two. The ratios of this combination, depend on the intensity of exercise.

At **high intensities**, the slow burning but efficient fat stores become a small component of the fuel mix, making carbohydrates the predominant fuel source.

At **low intensities** the body has time to use fuel efficient fat as the primary source.

The body is always burning a combination of fats and carbohydrates. It is valuable to know the ratios of each. To learn your personal ratios, you must know your individual Heart Rate Points.

The two major points are:

- The heart rate point at which you burn the highest percentage of fat
 - The heart rate point above which you start to accumulate lactic acid (ouch!)
-

Remember that carb stores are limited, also your brains preferred fuel source is carbohydrates. So post training it is important to re-stock glycogen stores to allow for the next training session. Trying to work out at high intensities with no carb stores will lead to the burning of muscle tissue, not fat.

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**Book
today!**

'Fat Burning Analysis'

Uncover the exact heart rate zone for you to burn the highest % of body fat.
30 min session



only \$33



exercise on an empty stomach



Exercising on an empty stomach means that your carbohydrate tank will be low.

Your carbohydrate tank describes the carbs that are stored inside your muscles and your liver...

...so when they are low, as long as you work out at a low intensity, the body burns a higher % of fat.

This is because the body is trying to protect the scarce carbohydrates that it has left.

If the body is not burning carbohydrates, it is burning fat – as long as it is at a low intensity.

↓ Decrease insulin

When insulin levels are high, the body will not tap into fat stores as a fuel source, so our aim is to keep them low.

Regular exercise

Exercising will reduce your blood sugar levels and lower your risk of diabetes. Resistance training in conjunction with aerobic activities improves insulin sensitivity – Try adding walking or jogging into your daily routine, join a fitness class or get some expert tips from a personal trainer, who can design a program that will suit your fitness goals, and target your problem areas.

Get your good fibre

Eating fibre can reduce insulin production in those at risk for diabetes. But stick to unrefined carbohydrates such as whole grains, starchy vegetables or fruit as they remain in the stomach longer, which can delay insulin increases.

Low-GI foods

Eating foods with a low glycemic index can assist in reducing insulin insensitivity and improve the regulation of glucose metabolism.

Reduce stress & get enough zzzzz's

Develop good sleeping habits by having a pre-sleep routine and aim to get to bed before 10 most nights. Deep, restorative sleep and relaxation practices are important for regulating your blood sugar – to give you the best chance of avoiding the belly bulge.



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INCREASE your resting metabolic rate

Your resting metabolic rate is the amount of calories your body burns while at complete rest. The metabolic process can be likened to the engine in a car.

***The bigger the engine,
the more fuel it burns.***

So if you want to burn more stored body fat, you should aim to increase your engine size (otherwise known as your lean muscle mass).

More muscle will increase your body's ability to burn calories all day long... even when you are snoring.

Lifting weights to failure + good nutrition causes the body to grow muscle.

So be sure to do some resistance training & have adequate rest & sleep.



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Manly Beach Health Club
2 Raglan Street Manly NSW 2095
P: +612 8966 9257
E: office@manlybeachhealthclub.com
www.manlybeachhealthclub.com