

APRIL
2010

What's On At Complete Physique...?



Boxing Circuits

Are back for 2010!
Mondays 6:30 pm
(Bookings Essential)

Contact Us

9816 8585

606 High St, Kew

www.completephysique.com.au

Protein – Why It's Important

Protein is the actual raw construction material for the body, just as bricks are for a building. Next to water, protein is the most abundant substance in your body making up approximately 15 % to 20 % of your weight. Up to 60 % of this protein is found in skeletal muscles.

Whether your goal is to lose body fat, tone up or increase muscle mass and strength, protein is an extremely important nutrient. In short the body needs protein for building and repairing muscle tissue after exercise.

Because the body does not store protein you really should consume foods containing a good source of protein with **every** meal. Good sources of protein are eggs, fish, meat, milk & dairy products, soy & soy products, nuts such as peanuts and almonds, lentils, grains and spinach....

If you lead a busy lifestyle, sometimes sourcing naturally occurring protein can be challenging, then **protein supplementation** may be a good idea for you. Protein is increasingly being taken in the form of **Whey Protein**. This is a protein isolated from the production of cheese. Protein shakes containing a whey protein are excellent for post workout recovery, as after a workout your body craves protein and it is absolutely essential for recovery and muscle repair.

How Much Protein Should You Take...

For most people engaged in moderate exercise, 1 gram of protein per kg of bodyweight everyday is sufficient. For those doing more intense exercise, such as heavy weight training will need approximately 1.5 gm per kg of bodyweight. So an 80kg male on a strength program will need around $80\text{kg} \times 1.5\text{gms} = 120\text{gms}$ of protein per day.

Please note... This article is intended as a guide only. If you are considering making any significant changes to your diet please consult a relevant health professional such a registered dietitian.



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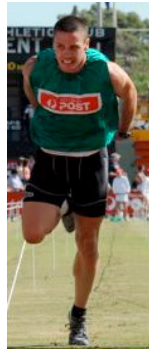
Including the highest quality best tasting protein powder you will ever try!!!

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Trainer Profile.....

Doug Greenough



Complete Physique is pleased to welcome Doug to its team of Personal Trainers.

We would like to congratulate Doug for achieving third place at the 2010 Stawell gift. Doug followed that with a win in the Ararat gift. Well done!

Doug has many years experience in personal training and being an elite athlete himself can share his knowledge of his training and experiences to help his clients reach their own goals.

Doug is available for Personal Training Wednesday and Friday Mornings along with Wednesday evenings. To book a session with Doug call us on 9816 8585.

New Indoor Cycling Classes Now On!!!!

With Brian's 6:15am and Steve's 6:00 am class filling up fast we have added more classes! Tuesdays at 6:00 am with Teresa for a high energy start to the day. On Wednesdays Steve has another class at 9:30am and Brandon has an evening class at 6:00pm. On Thursdays, Jo who is one our most experienced Instructors has a 6:30 pm Class.

Never Tried Indoor Cycling?

Why not give it a go? Our studio features the latest Keiser M3 indoor cycles for the smoothest ride ever. All Complete Physiques Indoor Cycling instructors are highly trained to cater for ALL fitness levels from complete beginner to competitive cyclists.

Want to get better results from your training?

Come in and have a chat to one of our Personal Trainers

Group Fitness Classes

Time	Mon	Tues	Wed	Thurs	Fri	Sat
6:00 am		Indoor Cycling	Indoor Cycling			
6:15 am	Indoor Cycling					
9:30 am			Indoor Cycling		Indoor Cycling	
10:00 am						
6:00 pm			Indoor Cycling			
6:30 pm	Boxing			Indoor Cycling		

Bookings Essential -9816 8585 or email us at info@completephysique.com.au