

Down Under Sports & Fitness Newsletter



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G'day Everyone,

Below are some helpful hints, a story or two and a few words of advice to help you look and feel your best. And don't forget to forward our newsletter on to a friend or two.

Your friends,
[Sammy & Stephen](#)



News & Upcoming Events

DON'T FORGET TO COMPLETE THIS WEEKS CHALLENGE

GROUP EXERCISE SCHEDULE CHANGES:

We will be adding classes to our current group exercise schedule towards the end of September. EXAMPLE: Tues 5:30pm & 6:40pm classes; Thurs. 5:30pm 6:40pm classes. We are currently looking for YOGA instructors to instruct beginner and power yoga classes. There's a good chance we will be starting a ZUMBA class if we have enough participants. We will be adding a Kickboxing class as well as a SPIN class aka "The Ride" to the schedule. But before we make/finalize/post the changes we want to hear from you, the member, the client, on what classes and when you would you most likely participate. [Please click here to send us a your comments.](#)

MORE UPCOMING CHANGES HOURS: We will be open on Saturdays & Sundays from

EXCUSES FOR NOT WORKING OUT: We have heard them all - Here's a list and what we have to say about them.

As the summer draws to a close I have written down a list of the good, the bad and the ugly excuses we have heard from members, friends and family as to WHY they can not workout, including our added commentary. As amusing as this might be, we have all used one or two or more of these excuses. Enjoy!

The EXCUSES begin:

I have nothing to wear - Well then perhaps Billy Blanks has a few available outfits to lend you. Or break out the Jane Fonda leg warmers. Bringing back and rockin' to the oldies. VF offers a full line of workout gear if you forget

I'm too big to go to the gym - In time you'll be too big to squeeze into your car and drive to the gym. We do have loading & unloading docks available.

I lost/forgot my iPod - That's ok, we have the newest invention aka "The Radio," you can listen to different genre's of music without ear phones.

I don't know what to do - That's BS, open your folder and follow one of the many workouts we have put together for you.

It's too hot out - No kidding, and what's even more amazing is that we have the next best invention to deal with the heat, AIR CONDITIONING. Come on in, chill out and get your workout on.



8am-12pm starting towards the end of September.

NEW FACES: You will be noticing new trainers and instructors joining our team over the next 2 months

NEW GEAR, OLD GEAR
We are liquidating our current inventory of apparel, therefore ask us what we have available. We are making room for our new shirts. Image example below: Got Bells?



FALL HIKING (and that does not mean you will be falling when hiking)
We would like to arrange another hike towards the end of September or beginning of October. We will be posting the where, when, and sign-up sheet within the next 2-weeks

SKYDIVING IN OCTOBER
Yes, you read that right. And if you never have jumped out of plane, you have no idea what your missing. 99.99% of those who jump for the first time want to do it again. Either way, we are organizing a weekend day trip in October to [SKYDIVE CROSSKEYS](#), located in NJ. To make this trip happen we will need a firm commitment from 10+ individuals. We will be chartering a "Party Bus" or van for the day. A deposit will be required. Any questions should be directed to Stephen. 3-2-1 See-ya...

My workout partner bailed on me - Suck it up cry baby.

I don't have a workout partner - Log on to www.findafriend.com.

I have no time - that's amazing because you just got telling us you had nothing to do this weekend. Daily planners are available at your local office supply store.

I missed the turn to the gym - That's because you never come to the gym in the first place. I heard Garmin makes GPS systems.

I'm too tired - No, you're not tired, you're just lazy. Working out will increase your daily energy levels.

My kids, my neighbor's kids, my kids kids - good excuse, please don't bring them otherwise we will feed them candy and give them kittens. And if do bring them and you approve, we will tape them to the wall with duct tape.

I'm on vacation - Wow, with all that free time you're just going to sit around arm curling margaritas and martinis? Get off your butt, walk or jog a few miles down the beach (minus your speedos unless your European). If you're in the mountains, route out a nice hike or trail run. If you happen to be island hoping on your private yacht, don't forget to invite us.

I don't have time - Oh yeah, we already went over this one, but we hear it so bloody much.

I cannot afford it anymore - You cannot afford not to workout. Think about this way. The case of Corona or Red Stripe I saw you purchase will grant you access for one month.

I have thyroid issues - And I have issues with that excuse. Weight issues create thyroid issues.

I get bored - Spend an hour with a trainer or participate in a Group Exercise class.

I don't feel like it - You're Pathetic

I'm too sore from my previous workout - This is a good excuse because you do not want to over do it, especially when just starting out.

I'll miss my favorite TV show - What channel is it on, because we have another amazing invention called, "TELEVISION."

I'll start working out when I lose some weight - And I'll start a proper diet when I stop working out. Working out will help increase the speed of your metabolism.

I'm afraid of my trainer - Don't be a wuss.

I'm too stressed - Intense bouts of exercise is the perfect stress releaser. Join us for a class.



Sammy's Kitchen w/ Stephen's brilliant taste buds



**Tomato Tarts
w/ goat cheese and basil
compliments of "Cuisine at
Home," page 22.
THIS IS FOR "CHEAT DAYS"**

**Serve these tarts as a fun
appetizer or unique side dish
this summer.**

Makes 4 tarts: 40 minutes

Ingredients:

- 2 sheets frozen puff pastry (17.3 oz box)
- 1 egg yolk, beaten with Tbsp. water
- 2 oz. herb-flavored goat cheese, softened
- 2 Tbsp. of milk
- 8 each red and yellow cherry tomatoes, halved
- 2 Tbsp. minced fresh basil

THAW: puff pastry according to package directions. Preheat oven to 400 degrees

CUT one pastry sheet into 4 even squares. Place squares on a parchment-lined baking sheet. Cut remaining sheet into 8 strips, each 3/4-inch-wide. Cut the 8 strips in half crosswise to make 16 strips, 4-5 inches each.

PLACE 4 strips around edge of each pastry square, overlapping corners. Lightly brush pastry edges and corners with egg wash; bake until puffed and

I'm not in the mood - That's what she said!

I hate to sweat - Turn on a fan. And FYI, whether you're sweating or not, your still performing the same amount work.

The Phillies are playing tonight - unless your inviting us to your corporate superbox to watch the game live, then we don't care.

I hope you enjoyed the EXCUSE list. We have heard them all, but by all means, try to tell us a new one. I hope you found this funny, if you did not, then you have no sense of humor.. Cheers.

Compliments of SP

THIS WEEK'S CHALLENGE - WEEK 11

A MEDLEY OF MADNESS

You have until the close of business on Saturday Aug. 28th to complete the following crazy, extreme, psychotic, insane, group of exercises:

Squats

300 reps = 5 pts or 1000 reps = 20 pts

Elliptical

3000 strides = 5 pts or 12,000 strides = 20 pts

Treadmill

2 miles = 5 pts or 8 miles = 20 pts

Push-ups

75 reps = 5 pts or 300 reps = 20 pts

Alternating Band Curls (alternating arms: right, left = 1 rep)

200 reps = 5 pts or 800 reps = 20 pts

The rules for this week's challenge are as follows:

- Each of the challenges can be completed on separate days throughout the week. In other words, all of the challenges do not have to be completed on the same day.
- There is no set speed that you need to stay at when attempting the treadmill challenge. Just complete the required distance of either 2 miles or 8 miles.
- There is no set resistance that you need to stay at when attempting the elliptical challenge. Just complete the required 3000 or 12000 strides. YAHOOOO
- You may take a break when attempting squats, pushups and band curls, but no longer 60 sec.

YOU MUST FINISH ALL 5 CHALLENGES TO RECEIVE YOUR POINTS. IF YOU FORGET TO FINISH 1 OF THE 5 CHALLENGES, NO POINTS WILL BE GIVEN. OUCH!!

All the best to all our participants.

Thanks again for everyone who is participating.

brown, 22-24 minutes.

WHISK together goat cheese
and milk. Divide cheese mixture
Down Under Gear. We have
more colors available.

Thank you for reading this week's newsletter. If you have any questions or an
idea for a story please [email us at info@DownUnderFit.com](mailto:info@DownUnderFit.com).

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