

STEP UP AND GET WALKING

The All Sorts team has conducted an experiment over the last few days to assess the level of activity of three people in very different jobs.

The café owner/manager recorded between 16,000 and 22,000 steps while the personal trainer clocked up between 8000 and 30,000 plus. The third tester, an office worker, managed 3000 to 7000 steps.

Many health campaigns now promote the target of 10,000 steps a day for the average adult. Claire Illsley, an All Sorts personal trainer says it is best to assess your current levels and then set a goal of increasing this steadily by around 10 to 20 per cent each week.

Increase your steps by bringing your trainers or comfortable shoes to work and walking with a colleague at lunch time. Walk to work, park further away or get off the bus a few stops earlier, or walk to and from the station.

Get a pedometer to count the steps you are taking. It's motivating to see the figures on the little screen. Always take the stairs rather than a lift. Have standing meetings - it burns more kilojoules and you'll probably have shorter meetings.

Join a walking group and do "talk walks" enjoying the exercise and conversation.

All Sorts have launched a free walking group led by Claire Illsley that meets every Wednesday at 1 pm at the gym reception, Level 1, 184 Bourke Road. The pace is easy walking and covers 3 to 4 kms in about 50 minutes. We are also giving away 25 pedometers to the first 25 participants who join the group in August.

member of the month

All Sorts is congratulating Theresa Taseude for being our member of the month.

She has been a member for a year and is a true group

fitness fanatic. Theresa attends about five times each week and her favourite class is RPM. Having celebrated her 60th birthday last year, Theresa proves that age is no barrier and that there is no class she cannot do. She is fit and ready for any challenge, can do more push ups than many men half her age and can outrun her daughters. Theresa has won a Home Hair Care products gift valued at \$60 from Salon 65 on Doody Street.



THE INSPIRATIONAL
THERESA TASEUDE

SPEED NETWORKING

All Sorts Function Centre is planning a Speed Networking Event for businesses. This is a fun and energetic way to build your contacts quickly and promote your business. Participants are put into two groups and then seated facing each other. After a set time frame (about five minutes) to discuss business opportunities, one person is asked to move either left or right to start the process again. Time is allocated at the end to reconnect with the people you would like to talk to in more detail. The event is on the evening of Wednesday, August 25. For an official invitation, email function@allsortsfitness.com.au

10 REASONS TO GET A PERSONAL TRAINER

- 1. Motivation:** Maintain your motivation levels. When you are booked with a trainer to monitor your progress, it helps you stick to your program.
- 2. Individual program:** A personal trainer will get to know you, your specific goals and your ability level and design a program to suit you.
- 3. Efficiency:** Personal trainers will help you focus on results and stop wasting your time doing inefficient workouts. Maximise results in minimum time.
- 4. You are new to exercise:** If you are a beginner, a personal trainer is the ultimate fitness coach. They will build your confidence while getting results.
- 5. Improve technical skills:** If you play a particular sport, a personal trainer can help you improve your skill by showing you new training techniques, improve your strength and endurance, agility and mental focus.
- 6. You are in a rut:** You exercise regularly, but have been at the same level for ages. A trainer will jump start your motivation and routine.
- 7. Learn how to go it alone:** If you want to learn all the facets of designing and managing your own routines, use a personal trainer for a few months.
- 8. Safer workouts:** A personal trainer will keep an eye on your form and provide feedback and advice.
- 9. You have a specific injury, illness or condition:** A personal trainer will tailor a program to suit your needs and requirements. Best of all they will help you plan a safe and efficient program.
- 10. To lose weight:** The number one reason people hire a personal trainer is to lose weight and get into shape and it works. They can keep you on track and help you realise your goal.

DURING AUGUST & SEPTEMBER, ALL SORTS FITNESS & WELLBEING ARE OFFERING A GREAT SPECIAL ON PERSONAL TRAINING: BUDDY UP WITH A FRIEND ON YOUR PERSONAL TRAINING AND SAVE UP TO \$325 (CONDITIONS APPLY, CALL 9469 5688).

SLOW COOKING FOR GOOD HEALTH



COLLECTING TIPS ON SLOW COOKING ARE PHILIPPA HANNAY, FIONA PARKER AND SALLYANN MORIARTY WITH CHEF JOANNA RUSHTON

AS A SPECIAL EVENT, JOANNA RUSHTON WILL BE DOING A SLOW COOKING DEMONSTRATION AT SOUTH SYDNEY INDUSTRIAL MARKETS IN SYDNEY CORPORATE PARK AT 11 AM AND 1 PM ON SUNDAY, AUGUST 29 AND THERE WILL ALSO BE A RAFFLE FOR A SLOW COOKER.

The revival in slow cooking is helping everyone's digestive system, says qualified chef, food and lifestyle coach, Joanna Rushton.

Demonstrating the benefits of slow cooking for fast people at the All Sorts Function Centre, Ms Rushton said it is a healthy way to eat as well as being reasonably priced and easy to do.

"Minerals and gelatine in the cuts of meat with the bone in them – such as lamb shanks and shins – are healing to the lining of your stomach and hold a lot more nutrition than lean cuts of meat."

Ms Rushton also emphasised the importance of eating produce that is not full of additives or heavily processed. "I would like to bring you back to what your great grandmother would have done in the kitchen."

Slow cooking suits everything from roasting a chicken to then making chicken stock from the bones, with water, bouquet garni and vegetables added.

Joanna Rushton is demonstrating meals that are Done in Fifteen on Wednesday, August 11 from 6.30-8.30pm. Apart from learning how to prepare and cook tasty and nutritious meals in less than 20 minutes, she will also supply you with a weekly meal planner, shopping list and recipes. Dinner will also be served. Cost is \$65 per person, bookings 0412 271 224 or jo@6wisdoms.com

All Sorts Function Centre is at Level 4, 184 Bourke Road, Alexandria.

ULTIMATE LOCATION



SYDNEY CORPORATE PARK



FOR LEASE

648m² OFFICE SPACE

Level 2, 184 Bourke Road Alexandria

- Gym, Pool & Tennis Court
- Four Cafes
- Medical Centre
- Childcare Centre
- Australia Post
- ATMs
- Dry Cleaner
- Garden Nursery
- Serviced Warehouse



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