

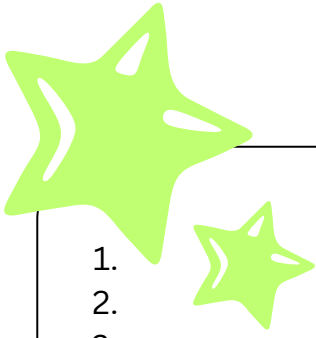


NEWSLETTER

FEBUARY SUPERSTARS

- 1.
- 2.
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- 9.
- 10.

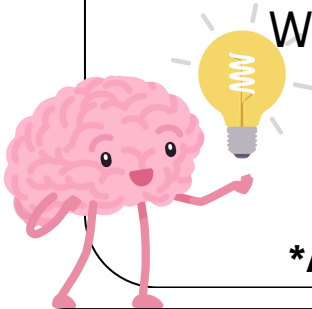
- Sharan B. / 25
- Robyn H. / 24
- Naomi M. / 23
- Trevor P. / 23
- Glen W. / 23
- Anthony G. / 21
- Edwin P. / 21
- Debbie S. /21
- Susan R. / 20
- Maree G. / 20



RIDDLE ME THIS!

I run a dozen times faster than him, He runs all day, twice around the gym.

Who are we?



*Answer on Page 2

!!NEW CLASSES!!

USE BOOKING APP TO SECURE YOUR SPOT!

Wed 10:15am QIGONG

w/ Jan

Wed 10:45am LITE

w/ Anita

Thur 7am PILATES

w/ Mel



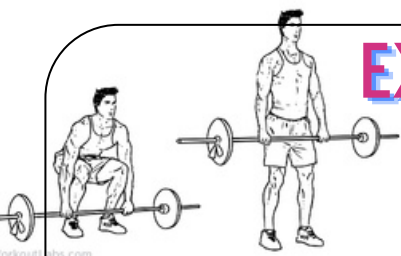
4-INGREDIENT PROTEIN BALLS

- 3 cups rolled oats gluten free, if needed
- 1/2 cup vanilla protein powder
- 1 cup peanut butter
- 1/2 cup maple syrup

1. In a large mixing bowl, mix your oats with protein powder until combined. Add your peanut butter and syrup and mix well. Fold through your mix ins of choice.
2. Lightly wet your hands (or spray them with cooking spray). Form 20-24 small balls of dough. Place on a plate and refrigerate until firm.

- MIX INS!
- M&M's
 - Choc Chips
 - Crushed Nuts





EXERCISE OF THE MONTH DEADLIFT

Targets: Full body, hamstrings, quadriceps, gluteals, lower back, trapezius

A Deadlift is an excellent strengthening exercise that uses various muscles to move an amount of weight. It can improve; Posture, Strength, Bone Density

1. Step up to and under a barbell with your feet angled slightly outward, at hip-width apart.
2. Bend over and grip the barbell with both hands at shoulder width.
3. Bend your knees until the bar almost touches your shins.
4. With a neutral spine, flex your butt and brace your stomach.
5. Pick the bar up off the ground (It helps to think “press DOWN into the floor with your feet through your heels”).
6. Continue pressing down with your legs until the barbell passes your knees, then thrust your hips forward until you are standing up.
7. Reverse your movement until the bar returns to its starting place on the ground.

Did you know we have a Dietitian and Chiropractor on-site.
If you would like more information see below for their contact details.



Jody Pollard
jody@totalnd.com.au



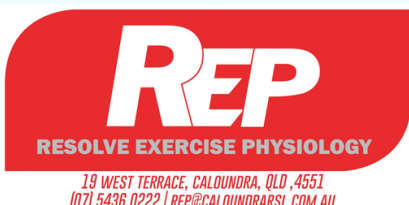
CALOUNDRACHIROPRACTIC

Karen Phillips

0413 784 861
caloundrachiropractic@gmail.com

*ANSWER
The hands of the clock


Resolve Exercise Physiology




- Are you recovering from an injury? or feeling pain?
- Are you living with a chronic condition?
- Struggling with your mental health?
- Are you pregnant or have recently given birth?

**Exercise Physiology can help with all of these condition and more!
Call us on 07 5436 0222 to find out how we can help you.**

Contact us at reception@resolvefitness.com.au via email and check out our website at ResolveFitness.com.au.

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***ANSWER**
The hands of a clock
I am the minute hand, and he is
the hour hand.