

GROUP FITNESS COACHING

**Do you lack energy and motivation?
How would you like to achieve those fitness goals you
have *always* wanted to?**

.....WHILST HAVING FUN?

InsideOut Personal Fitness takes your new exercise program into the great outdoors with a fun, new 10 week boost program.

The 10 week Outdoor Fitness Fun-Blast is designed for all fitness levels and will help you achieve your personal health & fitness goals. **IN ONLY 10 WEEKS!**

- ◇ For groups of 6-12 people – form a group with your friends or work colleagues
- ◇ Personal goal setting to ensure your results
- ◇ Guaranteed to look and feel FANTASTIC! You will notice a difference almost immediately
- ◇ Held outdoors in your local area for greater enjoyment and convenience
- ◇ BONUS personalised program for inbetween group sessions
- ◇ BONUS progress reports to monitor your results
- ◇ No pressure.....JUST RESULTS AND PURE FUN!

Special Offer:

Organise your very own group (6-12 people) of friends, family or work colleagues before 31st June 2006 for only \$25 per person per session. Our Group Fitness Coaching sessions are an ideal way to get in shape whilst having fun.

For more information and to start or join a group fitness session, please contact Belinda on 0414 824 283.

Visit our website at: www.insideoutfitness.com.au

Core Stability

So what is core stability, and why are deep muscles that we can't even feel so important?

The muscle responsible for supporting the spine are the spinal stabilisers. More specifically, the deep abdominal and deep back muscles stabilise and support the lower back area.

Until recently these have been considered out of sight, out of mind. However, new research has demonstrated how vital they are to maintaining core stability. Understanding the importance of core control brings a new meaning to total body conditioning.

Core control is the ability of specific deep muscles to brace and support the spine, shoulder or pelvis. Probably the most investigated and best understood is stabilisation of the lower back.

Healthy deep abdominal and back muscles contract to "splint" the lumbar

vertebrae, providing support for movement such as throwing, lifting or running. In fact, these deep muscles are required to support virtually every movement, even those that are not heavy or extreme. Without adequate stabilisation the risk of injury rises.

The muscles responsible for supporting the lumbar spine are the deepest abdominal muscle (transversus abdominus) and the deepest back muscle (multifidus) in conjunction with other muscles such as the internal obliques. These muscles work together like a low belt or corset around the spine. When they fail to function effectively, the lower back is unsupported and vulnerable to injury.

The core muscles are hard to feel, impossible to see and do not create movement. With time and practice you will become more aware of the stabilisers and notice the difference they provide to exercise and daily life.

Is your SKIN in need of a 'Pick Me Up'?

At this time of the year it is common that our skins can be dry, dull, lifeless, aged looking and even congested. Generally this is from exposure to the summer sun and the environmental elements.

It is my experience that the answer to your troubled skin is Exfoliation! There are many forms of exfoliating your skin for freshness and smoothness including scrubs, peels, dermabrasion and even laser therapy.

When your skin is in need of repair and rejuvenation, hydroxy acid treatments are the best, especially at this time

of the year. The use of hydroxy acids unlike facial scrubs work deeper into the skin by dissolving the 'glue' that attaches dead skin cells to the surface of the skin. Your dead skin cells that build up and thicken the skins texture are then allowed to shed easier from the skins surface, leaving skin exfoliated, soft and with the ability to absorb more moisture.

Hydroxy acid products are also available for homecare and with regular use will provide you with a skin solution giving you healthy skin everyday.

At Euphoria Beauty we offer customized skin exfoliation treatments giving accurate results for instantly revived skin that is smoother and brighter than ever before.

I recommend that you enjoy a beneficial skin treatment that will help you to achieve your desired skin expectations today!

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