

Connecting
the
Community

Spectrum Bulletin

February 2012



Calendar

5th February

Toowoomba Road Runners

Date: Sunday

Time: 7.00am

Location: Bridge Street Quarry (trail)

Distance: 7km Parkland Run

Contact: www.trr.org.au

12th February

Toowoomba Road Runners

Date: Sunday

Time: 7.00am

Location: Newton Park (Tor/Taylor St)

Distance: 5km Parkland Run

Contact: www.trr.org.au

12th February

Brisbane Road Runners Club

Time: 6am / 630am

Distance: 10 mile / 5mile - run or walk

Location: Hill End Terrace, West End

Contact: www.brisbaneroadrunners.org

19th February

Toowoomba Road Runners

Date: Sunday

Time: 7.00am

Location: Middle Ridge
(Stenner/Fairway Crt)

Distance: 6km Parkland Run

Contact: www.trr.org.au

26th February

Brisbane Road Runners Club

Time: 6am / 630am

Distance: Half Marathon / 10k & 5k
run or walk

Location: Hill End Terrace, West End

Contact: www.brisbaneroadrunners.org



JOIN US ON FACEBOOK TODAY

Look for: [spectrum-recreation-fitness](https://www.facebook.com/spectrum-recreation-fitness)

Visit our website at

www.spectrumgym.com



Health club versus home gym!

With recent changes to the Australian Economy and the rising cost of living, many people are cutting back on spending! As with any economic downturn people are forced to restrict their family budgets to make the wages cover the increasing expenditures.

Before you go and cut your gym membership have thought for the followings arguments against doing so!

Firstly, exercise in a gym is very efficient, you spend less time at a gym and get more results with a lot more training options. Trying to get the same results from make shift home gyms or at the park takes longer and can be less successful!

Secondly, there is less financial investment in joining a gym. A person could spend thousands on a home gym and still not have the many options offered by health clubs. You can be a 12 month member at Spectrum for as little as \$12.50 a week!

And remember other people are at a health club to help motivate you! Watching others work out helps you to train and personal trainers can keep you on track and stop you getting in to training ruts!

Health clubs offer the social aspect, where you can meet new people and forge new friendships. Gyms can be valuable a network for career and social opportunities! Home gyms tend to take up valuable space in your house that could be used for other activities like media rooms or entertainment. Most home exercise machines don't get used that often after the novelty wears off, and they tend to become glorified clothes lines.

If you purchase an expensive treadmill and then find using it hurts your back or it breaks down, the machine is often expensive to repair or replace!

Home gyms and parklands can be awfully lonely places that people can eventually dread to use. Working out with friends at the gym is easier and lot more fun!

It is very easy to be distracted at home by TV or internet entertainment, computer games and the mobile phone. You need to be very determined and focused to continuously use a home gym!

Health clubs can be fitted into your daily routine. Most people visit the gym on the way to work or coming home. There is a lot to be said about being trapped in a health club and having no other options than to work out.

Group fitness at a health club takes all of the brain work out of training. You are lead by the trainer and shown the correct way to exercise, without any great planning or thought on your behalf.

And the last point which most people try to deny. Most people are basically lazy! People's infrequent efforts at a park, pool or home gym have not stopped them from becoming unfit, over weight and depressed. Do yourself a favor join our gym, or give yourself a pat on the back for joining Spectrum Recreation and Fitness and taking the first step towards a healthier lifestyle and better you!

Greg Coman
Manager

Training News

Rehabilitation and Return to Work Coordinators Course

This course is for those in workplaces who have the responsibility of managing the return to work of injured workers, or for those who aim to become a Rehabilitation and Return to Work Coordinator. You will gain the skills and knowledge to establish and/or maintain a system for managing the rehabilitation and return to work of injured workers.

This is a nationally recognized course.

On satisfactory completion you will receive a Statement of Attainment in 30782QLD Course in Functioning as a Rehabilitation and Return to Work Coordinator (RRTWC). This meets the Workers Compensation Regulatory Authority's requirements for registration as a RRTWC in Queensland.

The role of the RRTWC is integral to the principle of developing return to work programs at the workplace that facilitate durable return to work outcomes for injured workers. There are approximately 100,000 injured workers each year in Queensland who require assistance from their employer and insurer to manage their injury.

This training will provide you with the information required to develop and monitor return to work programs within the context of the workers compensation industry in Queensland.

On completion of the course you will be eligible for registration with Q-COPM as a RRTWC in Queensland. This registration is for three years.

This is a three day course; dates for the next course are February 27th, 28th and 29th. **Cost is \$640.0**

Certificate IV in Training and Assessment

Do you need to upgrade your training qualification?

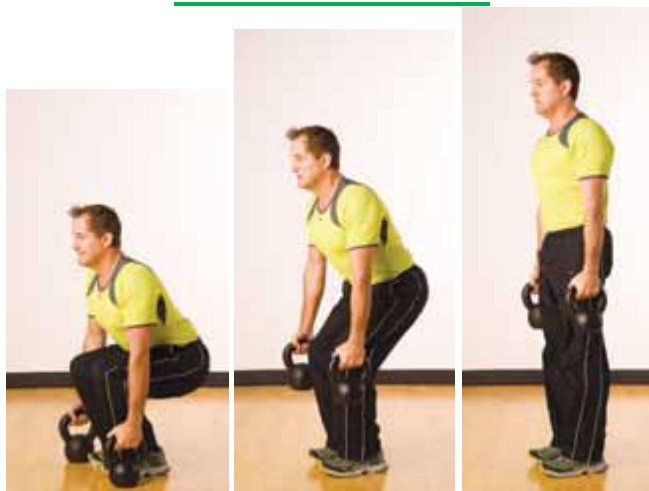
TAE40110 Certificate IV in Training and Assessment- Upgrade will be commencing Monday 20th February to the 21st of February.

Cost for the upgrade course is **\$430.00**
Contact us to find out more or to enroll.

To find out more, talk to Teanna or Marg on 38813310 or email Teanna on T.Sloane@spectrum.org.au

PERSONAL TRAINER CORNER

Kettlebell Deadlift



Stand with feet hip-width apart, arms at your sides, and place a kettlebell adjacent to each foot. Engage your core and abdominal muscles ("bracing") to stabilize your lower back and maintain this contraction throughout the exercise while breathing normally. Depress your shoulders and squeeze your shoulder blades together ("setting your shoulders") and maintain this position throughout the exercise. Initiate your downward movement by pushing your hips backward ("hip hinging") before lowering your body toward the floor. Avoid allowing your knees to travel forward to initiate your downward movement. Firmly grasp the kettlebell in each hand, pausing momentarily to check your body alignment. Your heels should be in contact with the floor and remain in contact with the floor throughout the exercise. Your tibia (shin bone) and torso should be parallel to each other, with your shoulders positioned directly over the kettlebells or slightly in front of them. Maintain your "bracing" and "shoulder setposition," exhale while firmly grasping each kettlebell, raising your body until you return to a full standing position. Inhale and slowly return to the lowered position.

Kettlebell Single-Arm Swing



Stand with feet hip-width apart, and place a kettlebell between your feet. Set your shoulders and brace, maintaining these contractions throughout the exercise. Hip hinge to lower your body down to grasp the kettlebell with one arm. Exhale, initiating an explosive upward movement to swing the kettlebell upward, returning to a vertical standing position (do not swing your torso beyond vertical). The momentum gathered through the lower extremity should allow the kettlebell to swing until the arm is parallel to the floor. Maintain alignment through the wrists, preventing them from flexing or extending past the parallel arm-position. Remember that this is not a shoulder exercise, but an exercise to generate explosive forces in the hips. If you are unable to achieve the desired arm position, attempt to thrust harder with your glutes from the lowered position.

TOP 10 MEMBERS

1

Jim Ballantine
(33 Visits)

2

Alan Beechings
(21 Visits)

3

Jesse Brown
(20 Visits)

4

Simone Hillier
(19 Visits)

5

Aaron Allen Watt
(Visits 19)

6

David Banham
(18 Visits)

7

Warren Cooper
(17 Visits)

8

Kerry Lean
(17 Visits)

9

Glen Spargo
(17 Visits)

10

Ian Rawlings
(15 Visits)

CONGRATULATIONS JIM BALLANTINE!!!

You have won a Spectrum
T-shirt!!!

Well done and Keep it up!
(See reception to collect it)

To all Members: Make sure you swipe
your card on every visit to the gym, so
you don't miss out on this opportunity!!!

*Note that the numbers above are based on
the period of 01 Jan 2012 to 31 Jan 2012.



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Fax: 07 3889 8371

Visit our website at

www.spectrumgym.com

Tennis at Spectrum Gym

Hi guys and welcome to a new year of tennis at Spectrum Gym. After the great tennis played at the Australian Open, now is the time to get on the court. Tennis Vision runs various programs for adults and juniors.

MLC Tennis Hot Shots

A great Tennis Australia endorsed junior tennis program to get the kids on the court and enjoy and learn the game of tennis. After school and Saturday morning programs. Free racquet to all new juniors.

Tuesday Night Coaching and Matchplay

A great way to learn the skills of tennis and then implement them into match conditions. Very social and a lot of fun. Intended for intermediate and advanced players.

Wednesday Night Comp

This is a new competition we will be starting in 2012. You can create your own team or we can find someone for you to play with. Two players per team and the comp will last approximately 10 weeks.

Private Lessons

This is a great way to learn the skills, techniques and tactics involved in the modern tennis game. It is also a great way to rapidly improve, whether you want to improve your skills to beat a friend, wishing to join a competition or you are learning the game for the first time.

Hoping to see you all on the courts in 2012.

For all enquires

0422 940 132
John Sorensen
Director - Tennis Vision



Member of the Month: Simone Hillier

Simone Hillier – Simone has been a member of Spectrum since 2010 and even though she has never said this: "If there is a class on I will do it!" it seems to be her philosophy. She has participated in many Spectrum Challenges and always come with a huge smile and great attitude!!! ☺

Thank you Simone for your support and love to have you part of Spectrum family!

As Member of the Month Simone can choose between 2 free personal training sessions or 1 month free gym membership.



PROMOTION



13 Month Membership

For the price of 12

Sign up today to Spectrum Gym and get 13 Month Membership for the price of 12

Unlimited Gym Access

Free Group Fitness Classes

2 x Free Sessions with a Personal Trainer

**Terms and Conditions Apply*
Ask Staff for more details*

MAKE A COMMITMENT FOR 2012!!!

**MOVIE STAR OPEN DAY
4TH FEBRUARY,
2012**



STARRING YOU!

COME AS YOUR FAVOURITE MOVIE STAR! JOIN IN WITH OUR GROUP FITNESS LAUNCH. NEW CLASSES!

FRIEND AND FAMILY ARE WELCOME!

**When: Sat 4th February
7am to 12 Noon
Where: 10 Leanne Crescent, Lawnton**

Group Fitness

SPECTRUM RECREATION AND FITNESS GROUP FITNESS TIMETABLE

TIME	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
6.00 am		Cardio Kickbox					
9.00 am							
9.30 am	Cardio Kickbox	Pedal mania		Super ABT	Power Bar		
5:30 pm	Power Bar	Cardio Kickbox	Zumba® Fitness	Cardio Kickbox	Super X Train		
6.00 pm							
6:30 pm	Cardio Kickbox	Pilates	Hatha Yoga	Vinyasa Yoga	Super Ballistic		

Bookings are Essential

DEAR MEMBER

Please be advised that Classes are subject to changes if low in attendance or no attendance at all. So, make sure you are always booked in to your favorite class!

Thank you for your understanding.

The Management



Tell us what you think about Spectrum's Newsletter! Talk to us if you are interested in being a part of our March 2012 Newsletter edition.

Editorial:

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