



Suburban Programmes

Huge Reductions on arms, legs, butt and tum (while having lots of fun)

The most important medical issue facing New Zealand today is obesity and its associated health issues.

The good news is that obesity can be controlled in almost all cases by changes to diet and exercise routines. The bad news however, as reported in a 2003 Sparc Survey, is that 60% of New Zealand adults are insufficiently active in terms of meeting the generally recommended requirement to exercise for 30 minutes a day five times per week.

The Team Mishfitness 'Urban Athlete' programme is low key and appropriate for both experienced and new exercisers. It represents a unique blend of group fitness and personal training and each session includes:

- ❖ Aerobic and resistance exercise sessions both indoors and out
- ❖ Suggestions for increasing daily activity levels
- ❖ Realistic and practical nutritional guidance
- ❖ Regular monitoring of personal progress
- ❖ Weekly educational newsletters
- ❖ Large doses of positive reinforcement, support and motivation
- ❖ Loads of fun

Like the Team Mishfitness workplace programme, the most important element of the Urban Athlete programme is motivation. This is achieved through;

- ❖ Setting realistic health and fitness goals
- ❖ Creating a supportive team environment
- ❖ Providing opportunity during classes for group interaction
- ❖ Establishing a buddy system
- ❖ Encouraging participants to socialise and exercise together outside the class
- ❖ Ensuring regular contact with a Team Mishfitness Instructor by telephone, email and text
- ❖ Introducing regular challenges and competitions to keep participants motivated
- ❖ Awarding occasional prizes to recognise individual achievements

An analysis of the regular measurements from one of the suburban classes shows the following results;

- 67% lost weight
- 81% reduced their waist circumference

Regular follow-ups with all suburban clients confirm that they are delighted with the programme and are pleased with the benefits the increased activity levels and improved food choices are having on their lives and the lives of their families

So, put down that chocolate, grab your girlfriend and we'll see you there!

When and where:

Tuesdays at 7.00 pm - 8.30pm:	Karori Community Centre
Wednesdays at 7.30 - 8.30pm:	Lower Hutt, Jenkins Gym Aerobics room
Thursdays at 7.00 - 8.30pm:	Nairnville Rec Centre, Khandallah
Saturdays at 7.00 - 8.30am:	Les Mills Gym, Taranaki Street, Wellington

Classes operate during school terms

Cost

\$180 per school term. Participants are welcome to attend any of the other Team Mishfitness classes at no extra cost.