



What's happening at Lucas Studios

We Extend our Warmest Wishes to Everyone for a
HAPPY & SAFE EASTER!

Lucas Studios is the answer to a
GUILT FREE EASTER!
Our strictly limited
2 for 1 INTRODUCTORY OFFER
14 days unlimited classes
FOR YOU & A FRIEND
only \$100

available between now & Easter Friday!
(new clients only)

CAREER OPPORTUNITIES

We are on the look out for enthusiastic & versatile Instructors who include Pilates in their repertoire as we continually grow and add more classes to our timetable. If this is you, email us!

CLIENT ATTENDANCE - March 2017

With a number of you overseas this month, it's given others their moment to shine! Here's our top ten list for March:

1. Liz Kelly
2. Charlotte Walker
3. Lucy Prasad
4. Louise Smith
5. Claudia Bottrill
6. Helen Hepburn
7. Richard Byron
8. Yasmin Van De Rhee
9. Sharon Glasson
10. Susan OByrne

Congratulations to all of you!



Client of the month - Liz Kelly

What do you love most about Lucas Studios?

It is clean and bright and doesn't smell of bad body odour,



This is Liz some time ago, and we can see that clearly she has always been energetic and active!

the ambiance is familiar and friendly.

How long have you been coming to the Studio?

Since March 2016

What benefits have you noticed since becoming a member of Lucas Studios?

I no longer need regular osteopathic adjustment, having improved my general state of well being, core and overall strength.

What is your favourite class and why?

No particular favourite class, but I think it is a privilege being able to attend mid morning classes any day of the week.

What are your favourite exercises and why?

I like them all when I have completed them for the day!

Health Alert - The Single WORST Food ...



PROCESSED SUGAR!

Added sugar is the single worst ingredient in the modern diet; its calories with no added nutrients. A timely warning given that Easter is here!

The most common are table sugar & high fructose corn syrup.

Added Sugar is EVERYWHERE, present in a refined form in nearly all man-made foods, including cereals, sauces, juice, yoghurts, bread, desserts, 'health' bars & alcohol. Even 'healthy' foods like canned 3 bean mix!

Processed added sugar is Toxic, contributing to a host of disorders, including obesity, heart disease, dementia, diabetes, & even cancer.

Avoid processed sugar at all costs.

Added vs Natural Sugar – Big Difference

When it comes to **naturally occurring sugars that Mother Nature has created for us** – found in **fruits** and **vegetables** – this is different.

These are **Healthy**. They contain water, fibre and various micronutrients. Naturally occurring sugars are absolutely fine, and in fact complement the vitamins, minerals, phytochemicals (compounds which protect the body from chronic disease) found in these healthy natural foods.



Exercise Do's & Don'ts

DON'T - Do This ...

In the Fitness Industry, as in Life generally, we work on the

basis of RISK vs BENEFIT. And this guy to the right is all RISK ... and all in the name of CrossFit.

One of the biggest problems plaguing CrossFit is Injury.

A study with nearly 400 CrossFit participants found the injury rate for men was nearly 20% and for women around 14%.

The most common being shoulder (25%), lower back (14%), and knee (13%). The majority of those injured never had a prior injury in their injured area.

Another study found of 132 online responses around 73% reported having been injured with 7% requiring surgery.

This equated to about 3.1 injuries per 1000 hours training which is similar to the injury rate of Olympic weight-lifting, power-lifting and gymnastics, which are exercises that CrossFit promotes.

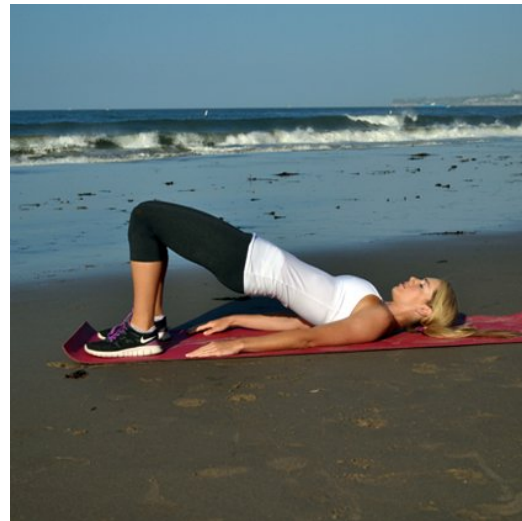


DO - Bridges

Bridges are not only the perfect exercises for a delectable derriere, but they also keep your back healthy and pain free!

Lie face up on the floor with your knees bent, feet flat on the floor. Raise your hips so your body forms a straight line from your shoulders to knees. Pause in the up position, then lower your body back to the floor.

Variations: place a small soft ball/Pilates ring between the knees to squeeze/pulse in the up position. Place the knees inside a Pilates ring and push/pulse out. Place a 5kg weight plate on your tummy and hold it there as you lift. Place 1 ankle over the opposite knee and lift with just one foot on the floor.



Foods to Eat & Avoid

A DAILY DOSE: Flaxseeds

Add flaxseeds to your cereal, salads, stir fries, & soups for:

- **FIBRE** great for colon detoxification & a healthy gut.
- **GOOD FATS** for healthy shiny hair, soft smooth skin.
- **FAT LOSS** due to the Fibre & Healthy Fats & Fibre.
- **ANTIOXIDANTS** for anti-aging, hormone balance & growth of probiotics for a healthy gut.
- **CANCER FIGHTING** to help fight breast, prostate, endometrial, ovarian & colon cancer.
- **MENAPAUSE** symptoms can be relieved as effectively as hormone replacement, & may also help reduce the risk of osteoporosis.
- **GLUTEN FREE:** for Coeliacs & Gluten Intolerants.



BIN THEM: Up&Go

We are often asked if a liquid breakfast UP&GO is a healthy breakfast substitute. The answer is NO!

- **SUGAR OVERLOAD:** They contain not 1 but 3 processed sugars: corn syrup, cane sugar & fructose

in high quantities, as well as Malodextrin, Hi-maize & Beta Glucans all of which are also sugars!

- **LOW FIBRE:** They claim to be 'high in Fibre' but the entire range has less than 4g per serve.
- **NO STRAWBERRY:** Strawberry UP&GO contains NO STRAWBERRIES, its flavoured with fermented red rice.
- **NON BIO-DEGRADABLE PACKAGING.**



CONTACT US

