



What's happening at Lucas Studios

LUCAS STUDIOS & LORNA JANE EVENT!!

We are very excited to announce that LS & LJ are celebrating **ACTIVE HEALTHY LIVING** together on

Thursday 23 Feb from 5.30 - 6.30pm

EVERYONE is WELCOME!

Enjoy Champagne & Nibbles, complementary Reformer & Vibe, lucky door prizes & discounts on LJ's latest products. RSVP using the Mind Body App & share on Facebook!



BRIDAL EXPO

Sunday's Bridal Expo at EPIC was a great success. We met loads of new people, handed out loads of complementary LS goody bags, ran into friends, acquaintances and fellow business owners. And we've had a great response to our Bridal Specials as well as to the Studio generally.

Congratulations to our lucky door prize winner **ASHLEIGH THURLOW** who has won a Complementary 14 days of Unlimited Classes!

BRIDAL SPECIALS

1. 6 or 12 WEEK PACKAGE:

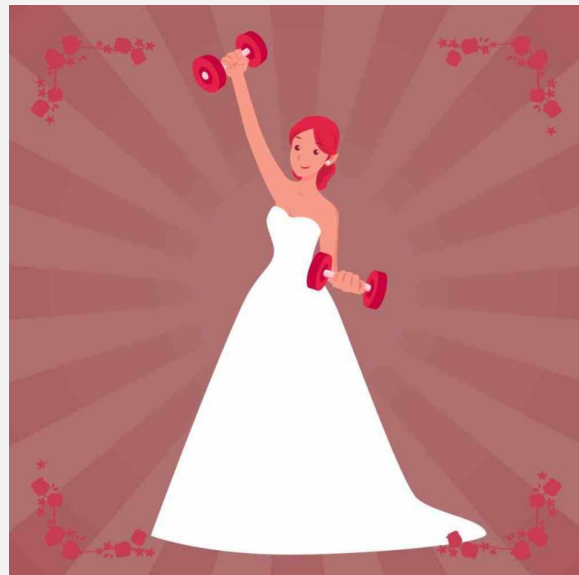
- for BRIDE only or BRIDE + 1;
- includes 2PT sessions & 2 CLASSES a week

2. BRIDAL PARTY 6 CLASS SPECIAL:

- Choice of any classes

3. HENS PARTY SPECIAL:

- Reformer Pilates, Vibe, then Relaxation Yoga
- Followed by Champagne & Nibbles!



CLIENT ATTENDANCE IN JANUARY 2017

A lot of our clients took advantage of some well deserved time off by making a great start to a fitter and healthier 2017! Here's this month's roll call of fame in order of the most visits:

1. Maggie Quigley
2. Helen Hepburn
3. Richard Byron
4. Yasmin Van De Rhee
5. Pam Price
6. Lucy Prasad

7. Louise Smith
8. Cathy Passlow
9. Leanna Wu

Congratulations to all of you!

CLASS BOOKINGS

Please book classes 45 minutes before start time using the MindBody App. The earlier you book the better, to avoid missing out. If you are having problems with the App call us for assistance, or when you come in for a class one of our friendly staff members will assist.

TUESDAY 6PM VINYASA FLOW YOGA

Our new Tuesday evening Yoga class is proving Very Popular which is great! We recommend this class for anyone who wants gentle cardio, improved balance and flexibility, and to declutter your mind from the every day stresses of life. Be sure to book!



Client of the month - Pam Price

What do you love most about Lucas Studios? *I love the boutique feel of Lucas Studios. The small classes and the personal approach I find very motivating. There's also an "accountability" factor with the size; it's very easy for people to notice you're not there and "guilt" you out for missing classes .*

How long have you been coming to the studio? *I've been with Lucas Studios for 5 or 6 years. We started in the old studio in Gunghalin when the focus was on mat classes and then onto reformer when Catherine got the first machines.*

What benefits have you noticed since becoming a member of Lucas Studios? *I'm an avid cyclist and like a lot of cyclists had lower back issues from tight hamstrings and weak core. Pilates has been amazing for addressing that and I rarely have any back issues these days - it's one of the reasons I keep doing the mat Pilates classes.*

What is your favourite class and why? *Mat Pilates is still my favourite but closely followed by Define. The focus in Mat Pilates being on a strong core is excellent but I do enjoy the higher intensity of Define, it's good for getting the heart rate up and building a sweat.*



What are your favourite exercises and why? *I like all of the exercises - although there are a few I don't "love". Leg and core strength exercises would be my favourites because they make such a difference to my cycling. I ride 150-200 kilometres each week and having the strength to stay comfortable on the bike is really important for me.*

How are you enjoying your 12 week challenge? *Loving it; I'm going to keep doing a PT session each week after I finish the challenge it's been so good! I didn't really start it for weight loss or fitness, but I did want to focus on a few strength areas and tone up areas that don't get targeted as much in other classes, things like upper body. The bonus has been I have lost weight and body size and feel so much stronger and fitter - I can do 20 full push-ups now without even struggling - that's amazing!*

Health Alert - Long Distance Running!



Did you know that Too Much Cardio Can Damage Your Heart? Running a marathon is often seen as the epitome of fitness and the ultimate show of endurance. But it puts an extraordinary stress on the heart.

Regular exercise reduces cardiovascular risk by 100-200%. But extended vigorous exercise like that performed during a marathon, raises cardiac risk by seven-fold! It leads to high levels of inflammation that may trigger cardiac events and damage your heart long after the marathon is over.

In a study of extremely fit older men, all of whom were members of the 100 Marathon Club (they'd completed a minimum of 100 marathons), those who had trained the longest and hardest showed heart muscle scarring.

Another study of long-term endurance athletes after a race showed diminished function of the right ventricle of the heart after endurance racing, and increased blood levels of cardiac enzymes, which are markers for heart injury. Plus as many as 12% had detectable scar tissue on their heart muscle only 1 week after the race!

Solution: Push yourself hard enough for a challenge, but allow adequate time between workouts for recovery and repair. **Shorter High-Intensity Workouts** give you great benefits both for your heart and waistline, without the Risks of Heart Damage, and worse still a Cardiac Event.

VIBE, DEFINE, CARDIOPUNCH & BUTT n' BARRE classes fit the bill!

Exercise Do's & Don'ts

DO - Short Box Abdominals on the Reformer

There are a large variety of abdominal exercises that can be performed on the Reformer. This is just one series using the Reformer Box. We can add rings, dowels, balls or dumbbells to increase the intensity and variety making the exercises even more fun and challenging!

Benefits: works the abdominals in a safe manner, at each participant's level of skill and strength. It's easier on the neck and shoulders than lying abdominal curls. Improves posture. Strengthens the back extensor muscles (especially in the flat back version). The round back version teaches spinal articulation and gently stretches the lower back.

DON'T- Lat Pull down Behind Head

Only people with very mobile shoulder joints can keep their spines straight enough to do this exercise properly. Most people's shoulders aren't that flexible. So the move can lead to shoulder impingement or worse, a tear in your rotator cuff. Not only that, but the tendency is to hit the back of the neck with the bar.

A safer alternative: Using the pull-down machine, lean back a few degrees, use a narrower grip, and bring the bar down in front of your body to the breastbone, pulling shoulder blades down and together. Contract your abdominals to stabilise the body, and avoid using momentum throughout the exercise.



Foods to Eat & Avoid

A DAILY DOSE: Amazing Apple Cider Vinegar

Apple Cider Vinegar is an effective, natural, bacteria-fighting agent that contains many vital minerals & trace elements such as potassium, calcium, magnesium, phosphorus, chlorine, sodium, sulfur, copper, iron, silicon & fluorine all vital for a healthy body. Unpasteurised (raw) apple cider vinegar has the ideal acidity levels and is also a natural probiotic.

Regular doses of Apple Cider Vinegar may help with sinus infections & sore throats; reducing bad cholesterol; allergies; muscle fatigue after exercise; weakened immune system; Arthritis & Gout; urinary tract infections; reducing appetite & high blood sugar; reducing bad breath, body odour, age spots, acne; yeast infections; heartburn (taken before meals); constipation and diarrhea.



BIN THEM: Muesli Bars

Do you routinely tuck into a fruit muesli bar, convinced it's a healthy choice? If so STOP!!

Muesli bars are among the most misleading health foods on the market. Although they may look like they're packed with healthy nuts & seeds – which many of them are – they're also packed with ... SUGAR! One packaged version contains 54% sugar. Many have more sugar in them than a chocolate bar, & those with natural sugar substitutes or artificial sweeteners can be just as bad for your health. Others contain large amounts of other sweeteners including agave or palm oil (production of which is stripping rainforests). Steer away from muesli bars with dried fruit in them. Dried fruit is a highly concentrated source of sugar & will cause your sugar levels to spike. Eat fresh fruit instead which is much lower in sugar, especially fruits like berries which are nutritional powerhouses. Many types of packaged muesli bars also have large amounts of other sweeteners like agave, palm oil which is unnatural and many are carcinogenic. If you must have a muesli bar, make your own with healthier ingredients and no preservatives!



CONTACT US



Sent by enquiries@lucasstudios.com.au in collaboration with



Try it free today