



What's happening

Studio Frontage

We now have our **PILATES** sign up and it looks fabulous especially at night when it lights up. We are also in the process of updating the images on the windows so watch this space!

Joseph Pilates Quotations

In our 3 large Pilates Studio rooms we have adorned walls with motifs of uplifting quotations from the great man himself, to inspire, encourage and motivate.

More Vinyasa Yoga

We have added a **Thursday evening 6:15 - 7:15pm** Yoga along with our Tuesday and Sunday evening classes.

More Classes, Extended Times

We now have **over 70 classes a week**, with 32 of these scheduled between 4pm and 7:45pm on weekdays.

All our afternoon/evening weekday classes are now scheduled to start **15mins later**, making it easier for those coming from the city or beyond to make it to classes.



Client of the month - Lucy Prasad

What do you love most about Lucas Studios?

The variety of classes, fun instructors and clients,



Lucy attended 37 classes last month favouring the high intensity classes to get her heart pumping. This photo is testament to her hard work over the past 18 months!

great atmosphere.

How long have you been coming to Lucas studios?

I've been coming for nearly one and a half years, since February last year.

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

Lots of benefits! I'm very fit now, much more reflexible and much slimmer. In the last year or so, since I drastically reduced my sugar intake (plus exercising religiously), I have lost about 13 kg and 10 cm off my waist. All my measurements are now within the ideal range, and I feel fantastic!

What is your favourite class and why?

My favourite classes are Vibe, Cardio-Punch and Butt-n-Barre - I love the variety of exercises and the way they get me pumped

What is exercise do you love to hate and why?

Definitely push-ups. I need to work on the strength of my arms!

Would you recommend Lucas Studios?

I would most definitely recommend Lucas Studios to others (in fact, I was very happy to find out that one of my acquaintances joined Lucas Studios because she was inspired by my Facebook posts!) It's a lovely studio where one can feel very comfortable while working very hard and achieving great results!

News Bites

Generosity: Being generous makes you happier, demonstrating a direct link between altruism & happiness.



Why Women Queue: It's all in the design. (a) male loos provide 30% more toilets, aka urinals; (b) women open/close doors 2x, clean seats, take on/off awkward & more clothes; (c) busy times exacerbate design problems. Architects are trying to design better loos, so watch this space!



Plastics Linked to Chronic Disease: Phthalates are chemicals widely used in packaging, wrapping, toys, medications & medical devices. Eating less fruit/veges & more processed foods/soft drinks result in higher phthalates. But now research shows phthalates are also **independently** linked to Cardiovascular Disease, Diabetes, Inflammation, High Blood Pressure.



HRT & Breast Cancer: Women who take HRT have a higher incidence of Breast Cancer, because of a link between progestins & the body's production of specialised cancer cells. These findings may

help scientists target these rare cells that proliferate in breast cancers & metastasise around the body.



A Coffee ... or 3?



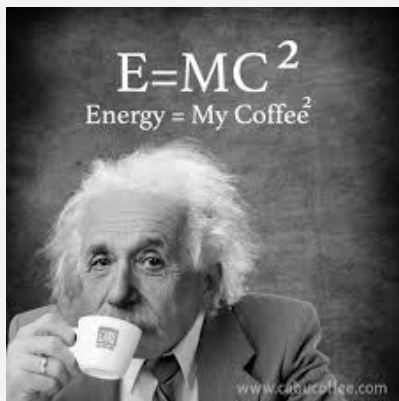
Coffee is regaining its well deserved reputation for wellness benefits, and can definitely be part of a healthy lifestyle.

People who drink coffee appear to live longer. Drinking coffee is associated with lower risk of death due to heart disease, cancer, stroke, diabetes, respiratory and kidney disease, Parkinson's and other chronic diseases.

One cup a day decreases your risk of dying by 12%, 2-3 cups reduces that risk by 18%. And this is whether it's regular or decaffeinated, suggesting the association is not tied to caffeine. Extensive research shows this holds whether you are white, African-American, Latino or Asian.

Coffee contains a lot of antioxidants and phenolic compounds that play an important role in cancer prevention. It lowers the risk of colorectal, liver & uterine cancers.

So put the kettle on and have another cup!



Conquering the Warped Wall

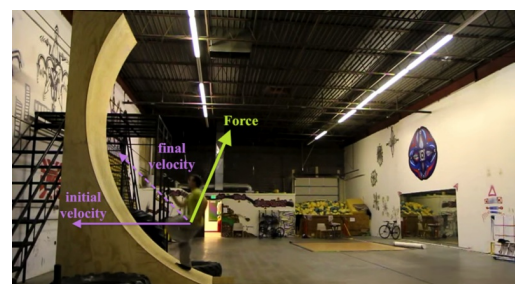
Ninja Warrior is captivating Australia, & especially the Warped Wall! Want to know why some make it up and others fail? Here's the physics behind it:

Only 3 strides: With a human running as fast as they can, it's only 3 steps on the wall to the top.

The run-up: Build up as much speed as possible (*momentum* = mass × speed), keeping it as horizontal momentum going into the wall, & using the wall to convert it to *vertical momentum*.

First step on the wall: Don't *lean forward*, you want to keep *accelerating*. Acceleration isn't just about going faster, it's also about changing direction of your motion; using your foot to change direction of your momentum up the ramp. Maintain as much speed as possible, so you can get your other foot much higher up the wall, about halfway to where the curve becomes completely vertical.

Second step on the wall: Now you're a lot higher but you're still moving *forward*. To convert most of your built-up speed to *vertical speed* requires just the right amount of acceleration. By the time you're

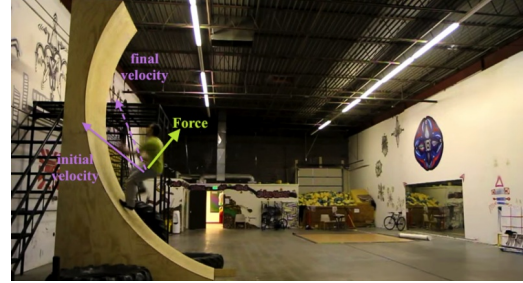


ready for your third step, you need to be moving *almost completely vertical* but still forward a bit. Your centre of gravity must be *completely under* your hands. Don't be too close/too far from the wall, which puts extra torque on your hands, causing you to lose grip of the top of the wall.

Third and final step on the wall: Your centre of gravity is now in the exact position you want it to be. The last step is both a jump up & a push into the wall reducing your horizontal velocity to zero! If you do all that, then you're on top of the Wall!

Train Your Body for the Wall:

The Warped Wall uses every muscle in your body. To prepare, cue the TRX Jump Squat & Pull. This exercise uses your arms & legs together to match the movement needed to beat the wall. Start with a classic squat, which efficiently trains a lot of muscles, particularly quadriceps, hamstrings & glutes, which propel you in running, jumping, & climbing—all key skills to beat wall. Now, boost power by adding a jump to your squat. You'll instantly train your muscles to activate faster. Pull on the TRX with your arms to increase the height of the jump. The result: a total-body movement that simultaneously blasts fat & builds explosive strength from your fingers to your toes.



Protein Supplements - NO!!!

First of all let's be clear, **NOBODY needs More Protein**, let alone Protein Powders. Protein deficiency doesn't exist unless you're starving, because it's in all foods, & significantly in legumes, nuts, seeds, vegetables & grains. Only 5-10% of your total calories/day needs to be protein, so it's impossible to be deficient if you're eating enough. Most people eat too much, & may too much protein!

Protein Supplements are BAD NEWS:

1. **Highly processed** & super heated. The **protein is denatured** so your body can't recognise it as food or use it as protein, leading to high levels of acidity & toxicity.
2. Filled with **preservatives, gmo's, aspartame, saccharin, fructose, artificial colours**, soy. Plus many contain high levels of **MSG** produced during manufacturing, but you won't see it in the ingredients because it's a by-product.
3. Many are based on dairy, containing the protein **casein**. Eating casein in large quantities **causes cancer cells to grow**. Don't eat it and they shrink. Dairy significantly increases breast cancer risk, & is linked to prostate cancer.
4. Eating protein without good fats, **interferes with absorption** of nutrients like calcium, vitamins A, K, & D. Nutrient imbalances then cause **heart arrhythmias, eye problems, bone loss, auto-immune & thyroid disorders**.
5. High protein intake can cause **kidney & liver damage, kidney stones, fat gain, damaged artery walls, arterial plaques, low bone density & accelerated ageing**.
6. In a study of 15 protein drinks, all contained at least 1 of **Arsenic, Cadmium, Lead & Mercury**. Though levels weren't high, regularly downing protein supplements consuming significant amounts of poison.



Why People still buy Protein Supplements:

Because of an outdated belief in the **Protein Supplement Myth** - that supplementing with processed protein makes muscle.

NO IT DOESN'T! A balanced healthy diet with moderate protein from food, plus regular resistance exercise, does.

Gary Himing (opposite) was a famous bodybuilder competing in Australia when he suffered a fatal heart attack on stage in 2009. Instead of cancelling the event, promoters moved his body to a hospital before continuing. The world of bodybuilding can be savage, and deadly!



CONTACT US

