



What's happening

Studio Frontage

Look out for a big bright "PILATES" LED sign & new window images.
Coming soon!



Signature Cadillac come Reformer

We now boast a unique Cadillac that converts into a Reformer with more functionality than any other Pilates equipment.
And we are the only Canberra Studio with one!



Website

Our new website, under construction, will have extensive and exciting functionality, including a new Lucas Studios blog!



Client of the month - Nicole Kay

What do you love most about Lucas Studios?

I particularly enjoy the atmosphere because of all the different clients who attend create a fun and enjoyable environment. I really think that the laughing builds just as much ab strength as the hundreds!! But really I love the commitment that all the instructors have to providing challenging and dynamic classes. The fact that each class is unique really appeals to me and keeps me coming back for more!

How long have you been coming to



Lucas studios?

Only since January this year, but I wish I found it sooner!

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

Definitely stronger abs and arms. I used to have my shoulder blade wing out due to previous injuries but now it is slowly coming back into place as my posture has improved.

What is your favourite class and why?

At the moment Advanced Reformer because the exercises are challenging but also rewarding as I often see these weird and wacky moves on social media and it is pleasing to know that they are actually achievable.

Nicole attended 37 classes last month including a number of Advanced ones - so a very well earned Champagne!

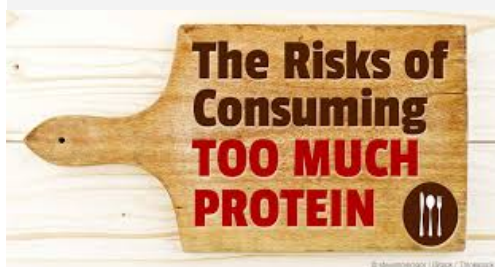
News Bites

This new addition to our newsletter provides you with bite sized info on new research/discoveries that are relevant to you & your family's health.

1. **Weighty Issues:** 30% of the world's population weight too much and a staggering 2 BILLION are Obese;
2. **Not so Sweet:** drinking soda means a poorer memory, smaller brain volume, & much smaller hippocampus. A daily diet soda means 3 x the risk of stroke & dementia;
3. **Lazy Teens:** teenagers are one of the most inactive age groups with the average 19 year old as inactive as a 60 year old;
4. **Say No to Low Fat:** eating 3 or more serves of low fat dairy puts you at greater risk of Parkinson's Disease; and
5. **Food for Thought:** a poor diet can rapidly increase your risk of Alzheimer's.



Protein - too much of a "good" thing?



Shocking results from the largest study of toddlers ever conducted reveal a staggering 99.9% of under 2's are eating more than 4 x the amount of protein they need!

Most are eating only 1/3 of the fibre, but nearly 3 x the calories they need!

Human milk contains low protein levels. However, cows milk contains significantly more, and some formulas contain loads more again.

To make matter worse, parents are feeding their kids too much cheese, yoghurt, meat & milk - all of which contain animal fats.

One year olds who eat the most protein are significantly heavier by age 10, compared to those who eat the least. And all the extra weight is fat!



Around 20% of 10-11 year olds studied and nearly 10% of 4-5 year olds are already obese. This pattern tends to continue through childhood, with older children also fed too much protein. These children then take the same habits into adulthood and pass them on to their children!

Protein from animal sources triggers release of insulin and other growth factors, which specifically results in body fat.

This is putting children at greater risk of Cancer, Heart Disease, Obesity, Diabetes, and other Diseases.



Vibration Plates - Fad or Fab?

How they work: When you stand on a vibration plate, it gives you a sense of instability, in response to which your muscles contract rapidly to stabilise you, the results of which can be quite extraordinary!

The Benefits are many and varied including:

- 1. More Bang for your Buck:** a vibration plate can get you 30-50 muscle reflexes/second, recruiting up to 100% of your muscles' fibres, while traditional training engages only 40-60%.
- 2. Fat Loss:** muscles become dense, using more fuel as they get stronger, raising your metabolism and increasing your fat loss potential.
- 3. Strength & Tone:** lunges, squats, tricep dips, and push-ups on a vibration plate build strong, dense, toned muscles.
- 4. Bone Density:** increased bone mineral density helps stave off osteoporosis.
- 5. Circulation & Immunity:** blood circulation is improved ensuring every cell in your body receives adequate oxygen & nutrients. Increased lymph flow



helps strength your immune function.

6. Cellulite Reduction: Cellulite melts away due to increased circulation & collagen production.

7. Youthfulness: increased levels of human growth hormone (HGH) are produced which repairs & regenerates damaged tissue, keeping you looking & feeling younger.

8. Flexibility: increased range of motion beyond what is achievable with static stretching, improving flexibility & joint function.

9. Balance: vibration plates engage your core & hip flexors, stabilising your entire body, improving balance, coordination & stability.

10. Rehab: a fabulous tool to help build damaged muscle, relieve spinal pain, improve joint function & posture.



How Healthy is Rye Bread Really?

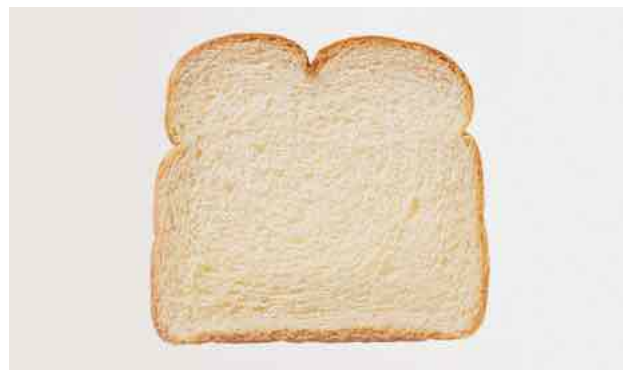
A tasty rich dark Rye Loaf must be more nutritious than white bread surely ... well maybe not.

If you look at the ingredients on many brands of rye bread, unbleached flour (a.k.a. refined flour) is the first ingredient. In other words, **white flour** is the **main ingredient!**

Many rye brands don't contain any whole grain rye flour at all. To get the dark colour manufacturers use caramel colouring. Nutritionally speaking, these fluffy versions of rye (and pumpernickel) bread are not much different nutritionally than white bread.

Ideally, choose a rye bread that lists Whole Grain at the top of the ingredient list. Look for names such as **Whole Grain Pumpernickel** and **Whole Grain Rye**. Words that indicate Whole Grain include **Whole Rye Flour, Rye Meal, Rye Kernels** and **Rye Flakes**.

Another due to a healthier rye bread is **Sourdough**. Traditional pumpernickel and rye breads are made with a **sourdough starter**, rather than yeast, to aid in rising. The acid produced from the starter, combined with the fibre in whole grain rye, give these breads a **low glycemic index**. And unlike white bread, low glycemic breads don't spike your blood sugar and insulin levels.



CONTACT US