



What's happening at Lucas Studios

We're always up to something at Lucas Studios! We've taken delivery of stability cushions, a ring tree, weight racks and dumbbells in our Reformer room, fitness ladders in the gym, and more yoga equipment upstairs.

Coming soon - more wall to wall mirrors in both our Reformer and Vibe rooms!

CLIENT ATTENDANCE IN February 2017

We're now back in full swing, with a number of our clients competing for the top spot in terms of attendance and results. Here's our top 10 this month:

1. Lucy Prasad
2. Helen Hepburn
3. Louise Smirth
4. Liz Kelly
5. Richard Byron
6. Yasmin Van De Rhee
7. Claudia Bottrill
8. Kate Bagnall
9. Cherie Robertson
10. Lisa Jones

Congratulations to all of you!



Client of the month - Lucy Prasad

What do you love most about Lucas Studios?

What I love most about Lucas Studios is the friendly and fun atmosphere and the fact that it offers such a wide range of classes – from stretching to full-on cardio classes. I love the social nature of it – I have met some very interesting people

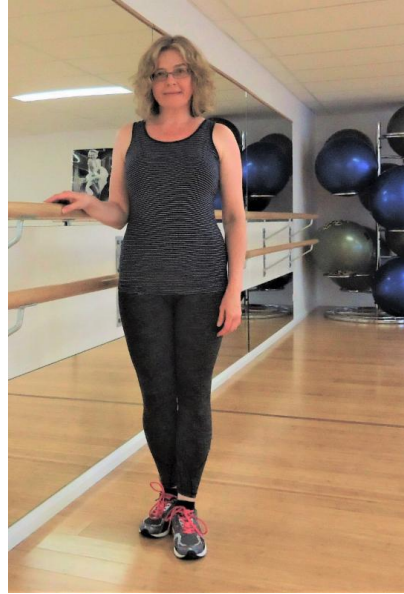
here (both staff and clients). The instructors are very professional and impressive in their knowledge of both fitness and nutrition, as well as super fun to learn from!

How long have you been coming to the studio?

I've been coming since early February last year, so just over one year.

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

Where do I start?... I've never been as fit as I am now – to the point of getting addicted to exercise! Since last February I have lost 10-12 kg (I wish I had recorded my weight at the very beginning but I think I was too disgusted with my weight to be interested in exactly how much I weighed!) and I have also lost about 7 cm off my waist. I have also become more conscious of what I eat (I gave up coffee and chocolate back in July and reduced my sugar intake dramatically on Jan 1 – the classic NY's resolution thing, except I'm still sticking to it!). I have learned a lot about muscles I never even knew existed and can comfortably use some of the names in casual conversation – mostly when talking about how my muscles are! I'm also much more relaxed these days – all to do with my new fitness routine.



What is your favourite class and why?

My favourite class is Cardio-punch, closely followed by Define and But-n-Barre – I love cardio work outs and often surprise myself when I volunteer to add to exercises to make them harder!

What are your favourite exercises and why?

Boxing is great – my arms are much stronger and much more defined now. All the exercises we do on the Vibe machines are also really good. Now that the idea of a circuit has been introduced to break up the Vibe exercises, I enjoy them even better. I also really enjoy stepping and all kinds of planks (even though I complain!). I have to say I like most exercises – and I think I should also mention the awesome massage we get at the end of our Vibe classes!

Health Alert -Salmon

It's not as healthy as you think!



Practically all Salmon we buy is farmed. A salmon farm can hold upwards of 2 million salmon in a relatively small amount of space. These crowded conditions result in highly stressed, severely depressed fish, that are far from healthy, leading to disease, which spreads rapidly among the stressed salmon.

A recent report on Tasmanian farmed Salmon revealed that the Salmon are stressed, kept in waters too warm in summer, too cold in winter. They are fed all sorts of nasty waste products from the chicken and meat industry including things like chicken beaks, feathers and the like. Their skin colour is grey (rather than the bright pink of wild salmon) so the farmers feed the Salmon a dye in their food to colour their skin.

Pancreas Disease) and Salmon Anemia Virus have spread all across Norway and infected Atlantic Salmon farms, yet consumers are not informed of these fish pandemics, and sale of these diseased fish continue unabated. These diseases are now spreading to and decimating wild Salmon as well.



A number of dangerous pesticides are used in an effort to stave off disease-causing pests, one of which is known to have neurotoxic effects. Fish has always been considered a health food, but today's farmed Salmon is one of the most *toxic* foods in the world!

Toxicity tests on a number of different food groups sold in Norway showed farmed Salmon contains the greatest amount of toxins of all, and by an incredibly large margin: farmed Salmon is five times more toxic than any other food product tested!

In animal feeding studies, mice fed farmed salmon grew obese, with thick layers of fat around their internal organs. They also developed diabetes.

One theory gaining traction is that rising rates of obesity is related to the increasing number of toxins and pollutants we're exposed to through our environment and food. Researchers who made these finding have stopped eating Salmon, perhaps we should too!

Exercise Do's & Don'ts

DO - Abdominal Plank

One of the most effective exercises for the abdominals that isn't going to wear your back out the way a full sit-up does. Abdominal planks work all of your core muscles.

We do them on the Reformer, mat, Vibe machine, bosu ball and swiss ball.

Here, one of our male clients demonstrates an abdominal plank on the Vibe, which is more challenging than a plank on the floor.



DON'T- Kipping Pull-ups

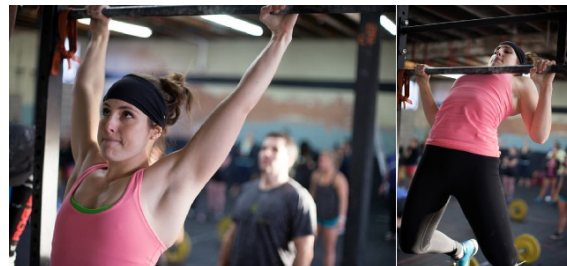
Many people try to do chin-ups before they're physically ready to perform the movement safely. "When people who aren't strong enough try to do a chin-up on their own, they tend to wiggle their legs a lot — as if they're trying to climb a ladder to get up. "They're not engaging their core enough, and they're not holding their body." This can lead to injury, particularly in the shoulders.

And then there's the notorious kipping pull-up made famous by CrossFit. The kipping pull-up differs from a chin-up in two fundamental ways. First, being a pull-up and not a chin-up, athletes use a pronated grip (palms away) instead of a supinated grip (palms inward).

Second, it's not a "strict" pull-up because it involves a hip-snap that lifts the body with minimal upper body pulling. This results in increased efficiency and a quicker rep count, which is why CrossFitters love it so much.

These movements put a considerable amount of stress on the shoulders and back. These are areas that are already prone to injury during a standard pull-up movement, due to the pronated grip with which it is performed.

When you your hands are turned away, this decreases the space in your shoulder joint, so when you're hanging from that position it puts a lot of stress on the tendons and the



structures within your shoulder joint. So anyone with shoulder issues is at risk of experiencing a lot of pain when they raise their arms overhead.

Kipping pull-ups also tend to cause injuries because most people don't have the requisite strength to perform them properly. They don't learn the proper technique, and they typically don't realize they're working in a poor position. At Lucas studios we instruct much safer exercises which work the same muscles in a much safer and controlled manner.

Foods to Eat & Avoid

A DAILY DOSE: Terrific Turmeric

Turmeric may be the most effective nutritional supplement in existence. It has many amazing benefits for your body and brain. It's the spice that gives curry its yellow color. It has been used in India for thousands of years as a spice and medicinal herb.

The compounds in turmeric that contain medicinal properties are called curcuminoids, the most important of which is Curcumin, which is the main active ingredient in turmeric.

Turmeric powder can be added to pretty much any savoury dish on a daily basis. Taken with black pepper increases its absorption by the body.

Benefits:

Natural anti-inflammatory; increases antioxidant capacity of the body; Boosts brain-derived neurotrophic factor, which improves brain function and lowers the risk of brain diseases such as Alzheimer's; Lowers risk of heart disease; Can help prevent (and perhaps even treat) Cancer; Arthritis patients respond very well to Curcumin supplementation as do those who are chronically depressed; Curcumin And finally it may even help delay ageing and fight Age-Related chronic diseases.

BIN THEM: Low-fat Fruit Yogurt

Think low fat yogurt is healthy since it's low fat?

Low fat yogurt varieties are usually high in sugar. This is to make up for the flavour and texture that's lost when fat is removed.

Brace yourself for a culture shock. Plain low fat yogurt naturally contains about 16 grams of sugar per cup. But if you eat flavored yogurt, you could be downing 15 or more additional grams of sugar, which is like shoveling in four extra teaspoons.

Instead go for a plain full fat yogurt which has live cultures in it. Live cultures are the good bacteria that promote intestinal health also known as probiotics. These live cultures help convert milk into yoghurt. If you prefer not to eat dairy or can't digest it, look for coconut yogurt at the supermarket which has no added sugar, such as the Born Cultured brand.



CONTACT US



Lucas Studios | 2/173 Flemington Road, Mitchell, North canberra, ACT 2911 Australia

[Unsubscribe](#)

[Update Profile](#) | [About our service provider](#)

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



Try it free today