

Newsletter
September
2017



What's happening

Get socked - Introduce a Friend

Bring a friend along to try our Introductory Offer - access to all our classes for 2 weeks plus a personalised one-on-one Orientation. And as thanks for introducing your friend we'll give you a pair of Pilates non-slip Gripper socks (valued at \$25)



Freestyle Dance

FreeStyle Dance on Wednesday evening is a fun new class, for those who don't take themselves too seriously. Nicole will offer up a variety of Dance styles from funk, jazz, the can-can etc each week. Strictly no Dance experience required!



Summer is on its way - Time to shape up!

With 10 different class types, around 70 classes a week, a fully equipped gym for 12 week challenges & personal training, there is simply no excuse not to be the fittest you've ever been!



Pregnancy Pilates

Calling all pregnant ladies - you are welcome in all our mainstream Reformer Pilates classes as well as our Pre-natal classes. Pilates is essential during and after pregnancy to maintain strength, particularly the pelvic floor, help prevent excessive weight gain, post pregnancy incontinence and complications. Those who do it tend to lose the baby weight faster and bounce back much quicker.



Client of the month - Sharon Glasswell



Sharon is currently coming to the end of her 12 week challenge. She has so far lost 7kg and is well on her way to her ideal weight!

What do you love most about Lucas Studios?

I really love that from the very first moment I walked into Lucas Studios, I have felt like I am special. I've had many memberships to gyms but I have never continually gone week in week out. (AND I have never actually seen any results). Catherine told me on day 1 that if I didn't reach my results, she would take it personally, well I am heading towards my goals and I am feeling great, so I hope she takes this personally. I love that the Studios are so clean and fresh and they always smell nice. The equipment is new and in great condition. All the teachers are great and put a lot of energy into their classes, and all the classes are small and friendly.

How long have you been coming to Lucas Studios?

About 8 months.

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

I have more energy, I have lost 7 kilos, and I have gone down 2 dress sizes. I have also put a goal in my future and I really believe that I will achieve it easily.

What is your favourite class and why?

I like the 12 week challenge because its one on one and its like catching up for coffee without the coffee. However I also love the pilates because its fun - play equipment for grownups.

Would you recommend Lucas Studios?

ABSOLUTELY in fact I already have.

News Bites

How dirty are your towels really? Nearly 90% of towels carry coliform bacteria (from faeces). Some even have salmonella as well. After 2 days of drying your face on a towel, you're probably getting more E. coli on your face than if you stuck your head in a toilet & flushed it! **Solution:** ideally change your towel daily and wash it using a product with activated oxygen bleach.

Who is smarter, you or a pigeon?

Pigeons can switch between two tasks as quickly as humans - and even more quickly in certain situations. So basically a pigeon can multitask faster than us! The reason? Pigeons have a higher density of neurons in their brain.

It's official, beer = happiness: Beer is made from malted barley which contains hordenine which in turn stimulates the dopamine D2 receptor, However it uses a different signalling pathway to dopamine which leads to a more prolonged effect on



the reward centre of the brain. So beer really is a mood-booster!

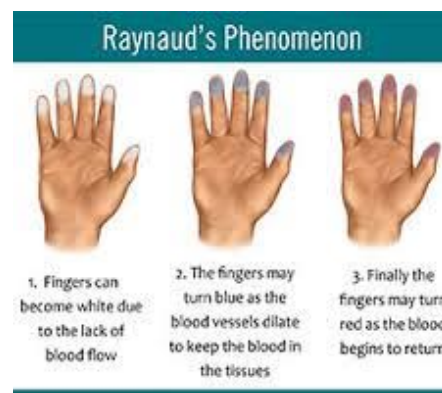


Can too much exercise kill you? Ironman Dean Mercer tragically passed at just 47 years old after suffering a cardiac arrest. Research suggests that long term endurance athletes can have increased rates of calcification (plaques) in their arteries, predisposing them to heart attack.



Raynaud's - the 'I'm cold' disease:

Raynaud's is caused by poor blood flow to your extremities; hands, sometimes feet. This can lead to numbness, blue/white skin & red painful swelling. Mostly it means you really, really feel the cold in your hands/feet and find it almost impossible to warm them. There's no known cure. Raynaud's may be a symptom of auto-immune or connective tissue disorders. If undiagnosed or poorly managed it can result in loss of digits, limbs & shortened life span.



If SITTING is Bad, is STANDING Good?



We know that being sedentary is bad for our health. So standing must be good for us, right? Wrong.

A recent study compared the risk of heart disease among more than 7,000 workers over 12 years, across different occupations.

People who mostly stand on the job are twice as likely to develop heart disease as people who primarily sit, even after taking into account age, gender, education levels, ethnicity, immigrant and marital status, health factors like diabetes, arthritis, hypertension, mood and anxiety disorders, as well as the type of work being performed e.g. physical demands, shift schedule.



This elevated risk for those who stand at their jobs (compared to sitting) existed even after taking into account smoking, leisure time, physical activity, alcohol consumption and body mass index.

In fact, the incidence of heart disease among those who stand a lot at work - 6.6% - is similar to the incidence of heart disease among workers who smoke daily - 5.8% - and those who are obese - 6.9%.

So are sit/stand desks harmful?

The short answer is no. People using sit/stand desks do sit when they feel tired, unlike those in occupations that **require** prolonged standing - bank tellers,

food/beverage servers, grocery store clerks or line cooks.

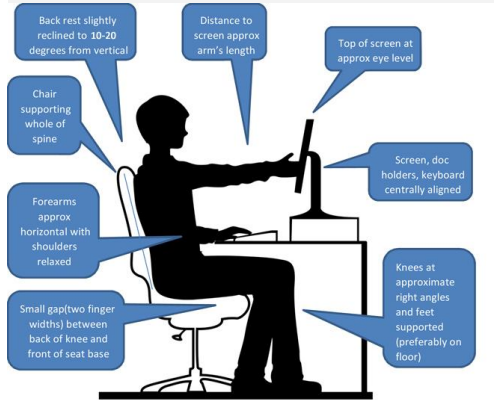


With the exception of cooks, there aren't specific reasons why workers in many of these occupations need to stand for prolonged periods. Standing in these jobs has more to do with being seen by the public as attentive, interested and polite. Most workers could still perform their duties with a mix of sitting and standing.

And luckily for these workplaces there are interventions that are known to be effective and readily available: they're called **chairs**.

While being sedentary in general is bad for us, the amount of time we spend sitting at work needs to be weighed against the time we spend sitting at home, in traffic, at leisure, etc.

Preventing long-term health conditions such as heart disease requires multi-faceted interventions, focusing on factors inside and outside the workplace.



War on WAIST - Why it's Important & when are you at Risk

Waistlines can increase as we age due to changing hormones, lifestyle & genetics. If your waist is getting bigger, you're putting on fat, and the worst type of fat.

When is your Waist a Health Risk?

Your waist measurement indicates how much visceral fat you have. While a bit is useful to protect your vital organs, abdominal fat produces inflammatory chemicals that interfere with your body's normal function.

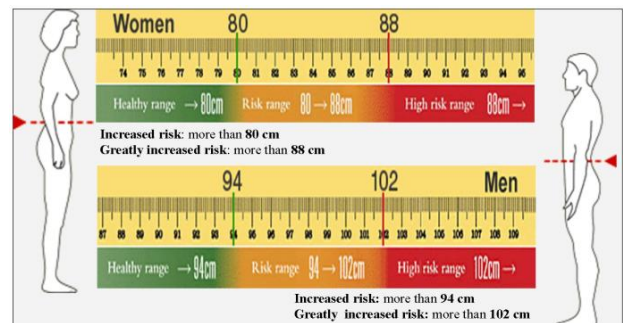
A large waist means you are releasing loads of these inflammatory chemicals which have profound effects on your body, increasing your risk of chronic diseases like heart disease and type 2 diabetes.

In men, a waist of 94cm or more means an increased risk of chronic disease, 102 cm or more means a *greatly* increased risk. For women, the corresponding figures are 80cm and 88cm.

More than 50% of Australian men have a waist that places them at risk, and 2 in 3 Australian women!

Lose the Gut

So how do you chuck the gut?

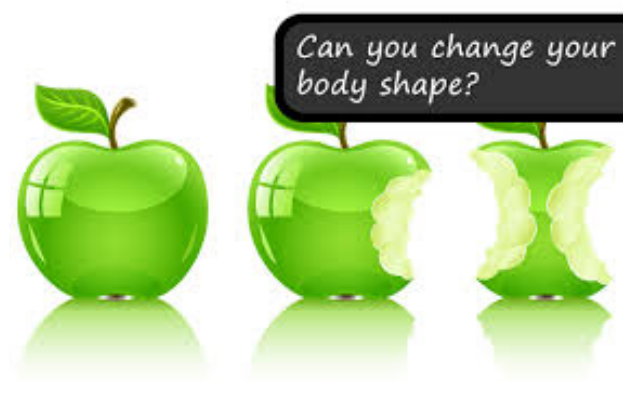


Fat stores around our gut are "active" so fat moves more quickly from the gut, so we lose weight proportionally faster from there!

1. Start small, making lifestyle changes that include both diet and movement.
2. Reduce processed foods which contain sugar and unhealthy fats.
3. Increase your intake of unprocessed foods such as fruits and veges.
4. Reduce your intake of dairy and meat which are linked to weight gain and multiple health risks.
5. Drink water.
6. Move – housework, gardening, walk the dog, walk yourself!
7. **Pilates** - a low impact full body workout to tone and trim your whole body especially your waist!

Losing just 5% of your weight can have a huge effect on your waist & health.

So get to it - No Excuses!



Education = Longer Healthier Life

Heart Disease is our biggest killer. Yet why is it people with more education live longer and healthier?

Increasing your education by only 3.6 years (about the length of a typical uni degree) can reduce your risk of heart disease by a third.

Maybe it's in our genes! Studies of over 500,000 people show that 160 genetic variants are associated with years of education. People with these genes on average will go on to more education.

Those who have more genetic variants associated with longer education from their parents are also less likely to suffer from heart disease, which indicates a direct causal link between education and decreased risk of heart disease.

How does education make us healthier?

The reduced heart disease risk brought about through increased years of education seemed to be mediated by better lifestyle choices — less smoking, healthier diet choices and lower cholesterol levels.



Genes linked to educational attainment are associated with other traits such as self-discipline, which would have an effect on other things such as exercise, smoking and diet.



CONTACT US



Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"