

The Riverside Mail



May 2011

Welcome to the May edition of the Riverside Mail. With the weather getting chillier by the day, now is a great time to really utilise the indoor environment of the facility, our pool is heated all year round! What's more we have some awesome brand new equipment in the gym so come along and check it out. Have a great month!

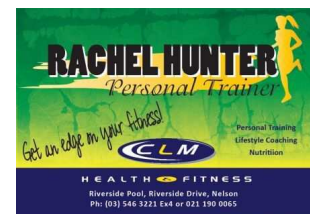
Heritage Day – Business house relays make a real splash!

Heritage Day was Riverside's main event in April and we had a great turnout for the event. The business house relays were hugely popular; it was great to see so many swimmers battling it out! The standard of swimming was top notch (especially from the Riverside team... right?!) In the end the sea swim team were victorious and took away the Heritage Trophy, presented by Commonwealth Games silver and bronze medallist Amaka Gessler, along with a prize of grandstand tickets to a Tasman Makos Nelson Game. Well done team! Our Mayor, Aldo Miccio, also put in a great effort for the Live Nelson team. It was great to have him along for a swim! We had lots of older members of the public here on the day who remembered the pool in it's heyday, when it was one of the premier swimming facilities in the country. All of our visitors loved looking at the old photos and recognising the faces. The pool has a great history and customers as well as staff have all been interested in learning about it. We are all proud to continue to run such a wonderful facility and hope you continue to enjoy using it well into the future!



Staff Profile - Rachel Hunter – Fitness Consultant...Personal Trainer...Aquafit Instructor...10 week weightloss challenge instructor

Rachee is a born and bred Nelsonian! "I lived in Christchurch for 4 years where I worked as a youth worker whilst studying. I have been on the Outward Bound course twice as an instructor on their ten day courses during 2002. I've been a Mum since 2003 and regard this as the best and most challenging job ever!" she says. Her education includes a 2 year course at CPIT in Outdoor and Community recreation, Diploma in group facilitation, Certificate in youth work, as well as Certificates in small business management, exercise science and nutrition. Rach's hobbies and activities include mountain biking, motoX dirt bike riding, tramping/outdoor pursuits and bodybuilding (she is currently training towards an upcoming bodybuilding competition). She also enjoys crafts, gardening, music, reading a good book or mag, catching up with friends and family, going for a nice bush walk or just hanging out at the park with her little girl. "Move what you've got and love being in the moment, each day is a new day!"



If you need a new program, tips on nutrition, personal training or info on any of our upcoming 10 week weightloss challenges (see review of our latest challenge below!), get in touch with Rachee here at Riverside on (03) 546 3221.

More success on the 10 week challenge

Our most recent 10 week weightloss challenge finished mid April, with much success reported from the participants. Course facilitator Rachel Hunter said: "It was a small but consistent group of people of different ages that attended this time around. Some lost 4.5 kgs and some lost up to 4. But what we found was they lost cm's which was the most exciting part! Their clothes were starting to feel looser and fit better and everybody on the program said they felt they had more energy by eating better food. Not so "sluggish" was the word I heard a lot of!"

What the participants found with this course was the consistent support of the facilitator and that they felt they weren't told "what to do" but what they may "want to try" with different food ideas and exercise programs. They felt that other programs they have attended in the past were a lot of do's and don'ts. The feedback that they gave Rachel was that she really emphasized that it's a whole lifestyle change with regards to our attitudes and wellbeing. Rachel is really excited about the next course and hopes that people of all ages and backgrounds will want to attend.

The next course we are aiming to run will be in September (ready for summer!). Check our [website](#), [Facebook page](#) and facility advertising for details nearer the time.

New cardio gear

We had an exciting delivery during April... it was our brand new cardio equipment for the gym! We have 2 new treadmills, 3 new cross trainers, 2 new rowing machines and 2 new bikes. Our members are loving it! So if you haven't had a go yet, make sure you come down soon and try it out soon! Grab one of our gym instructors if you need any guidance on how to use any of the equipment. Heidi had no problem with the new treadmill as you can see!





Swimmagic Swimschool welcomes Keta!

With a new swimming term underway, we will welcome a new Swim School Co-ordinator for Riverside. It is with great regret that we say goodbye to Kate, who is leaving to pursue new adventures, overseas and beyond! Kate has done a wonderful job and will be greatly missed by both staff and the swimschool kids, but we wish her all the best on her adventures. We are excited to be welcoming Keta Everett into the role. She has taught all levels over at the ASB Aquatic Centre in Richmond for more than a year. She has been a swimmer's mother for years before that, then decided she would like to teach lessons herself. She has a daughter on the Tasman Magic Swim Team and another set of twins in the Swimmagic squads. We are lucky to be welcoming her onto the team and she will definitely help the Riverside Swimmagic family grow over the coming years! You will be seeing Keta around during the new term, so come and introduce yourselves; she can't wait to meet everyone!

Wheel Woman MTB Workshops are Back!

Emma Bawtree will be running her workshops again for the months of May and June. The workshops will include the Beginners and Intermediate workshops again with the addition of an introductory level beginners course run at Rabbit Island. This will be aimed at those that are starting out or who are returning to cycling after some years away from the sport. The workshops will be running on the first three Saturdays of May and June, at 10am and 2pm for approx. 3 hours. Topics covered include bike maintenance and setup, safety, singletrack riding skills and much much more. If you are interested in learning more [click here](#) or contact Emma on 0276245368 or at emma@nztraveldesigners.com.



Fit tip - Why can't I banish my belly fat?

Imbalanced Hormones and major stress - causes the cortisol hormone to be released by the adrenal glands. When put under stress you will find it hard to lose the fat around your middle. Identify in your lifestyle what is causing you stress and make amends to change. Decrease your stress levels. Balance, Balance.

Portions - Overeating and under exercising. Eating too late in the day and eating the incorrect sources of food. Keep the portions small – this often helps keep the metabolic process working properly (keeping the fire lit!) and helps to maintain the insulin levels within our bodies. This means the body doesn't have to hold onto fat because it is getting stoked all the time, and blood sugars stay even and are not dipping up and down.



Exercise – Move or lose it! The body is not designed to be sitting all day. It is designed to MOVE so integrating regular bouts of activity into your day will help with regulating your fat and stress levels, and will burn off what is going in. You don't have to be doing hours and hours of exercise to get results - it's about the quality of exercise you are doing.

Alcohol - Has soooo much sugar in it and if not burnt will turn to fat, and will stay on if not moved with activity! It also lowers your recovery from a good workout so again control that intake!

Nutrition - Not eating too much of the same food and eating balanced foods is essential. Fresh is best to banish your belly bulge! Eating plenty of fruit and veggies during your day and eating the right amount is crucial. You can still put on weight with overeating on fruit and veggies so again - everything in moderation.



Water! Water! Water is so important for flushing out the toxic wastes ("free radicals") that build up in your body.

Thanks to Rachel in the gym for this months' awesome fit tip.

Brand New Aqua Fitness class - beginning in June!

We are excited to be organising a brand new Aqua fitness class, to be kicked off at the beginning of June on a Thursday morning (time T.B.C). The new class will be a gentler class geared more toward the beginner/injured/elderly participant/those with physical limitations. It will also be recommended for those who have a [Green Prescription](#). The water is such a great place to work out, it is weightless, refreshing and gentle on the joints, and we can't wait to introduce these benefits to a wider range of participants. Keep an eye out for more details coming soon! For our current Aqua Fitness timetable, [please click here](#).



Upcoming events...

[Nelson Events'](#) next big event is "Escape from Tane's Forest" (June 25th), with a long and short course option (23km and 13km) - finishes with a loop of the Brook Waimarama Sanctuary.

For May, there is the Jennian Homes Mothers Day 5km!

On Sunday May 8, women will descend on Jennian Homes in Richmond to complete a 5km fun run or walk and help raise awareness for the Heart Foundation's Go Red for Women campaign. In New Zealand, more than seven women die from heart disease every day. But the good news is that heart disease is largely preventable. Go Red for Women is the Heart Foundation's campaign to boost awareness of heart disease in women and to raise vital funds for heart research and cardiac care. Go Red for Women is about empowering women with the knowledge to take action now, care for their heart and help reduce their risk.

Entries for the Jennian Homes Mother's Day 5km will be taken on the day, or you can enter online at www.nelsonevents.co.nz

Proceeds go to the Heart Foundation, Nelson branch. More information can be found at

<http://nelsonevents.co.nz/content/jennian-homes-mothers-day-5km>

Blokes - if you want to be involved, then volunteer your help for the morning - contact Averil on (03) 545 7112 or email AverilW@heartfoundation.org.nz

Nelson Events are also on [Facebook](#)



www.riversideswimmingpool.co.nz * www.naylandpool.co.nz

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