



FIT news

fitness industry training

Live the dream!

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Last Quarter

Diana Saffigna

Since our last newsletter, FIT has been very busy. Each day we wake up and the dream just gets bigger and better... Here's how we've filled our days...

May (short for mayhem!) is a month to be remembered for expos. On the back of FILEX in Sydney (where we learned to Krank), we attended our first Careers Expo in Brisbane which ran for three days. We were kept busy with thousands of enthusiastic school kids and their parents in tow asking about a career in fitness. FIT graduate Tony Carroll came along to lend support and between 'Hammer and Tunza', and the FIT girls (Courtney and Gill), we got through the weekend... albeit exhausted. Somewhere during the madness we also had to find a pink shirt and squeeze a quick run in for the Mother's Day Classic to raise money for Breast Cancer research... as you do and a much loved tradition in our family!

FIT, a supporter of natural bodybuilding, proudly sponsored the INBA Brisbane Titles in May. FIT graduate and winner of a FIT scholarship at the 2009 INBA show, Chris Manning won the Junior Men's category. Well done Chris. FIT is proud to be the major sponsor of the upcoming 2010 INBA Queensland Titles, and will give away more than \$7000 worth of prizes including a scholarship. For information about the sport and upcoming shows, visit www.bodizone.com.au



"Never give yourself permission to fail or fall short of what you could have achieved."

[Chris Haseman]

Support doesn't stop there. FIT and its VIP industry clients attended RIZE 5 and RIZE 6, professional MMA shows produced locally by Matt Cooper. If you've never attended an MMA event, then this would be a great introduction. Some of our students scored themselves free tickets by getting their assessments in. Keep an eye on our facebook page for further promotions.

This year we've had two successful tenders:

- **Productivity Places Program Contract** with the Skills Alliance to deliver training (Certificate III and IV in Fitness) to existing workers in the fitness industry. The industry is taking advantage of this program to support the development of their staff through higher qualifications, and why wouldn't they, with up to 80% of the training fees being paid for by State and Federal funding.
- **User Choice Contract** will enable us to deliver Certificate III in Fitness under a traineeship arrangement for both school-based and non-school-based trainees. The training fees are funded by the Department of Education and Training (DET) and the employer is also granted Federal incentives to have employees under this arrangement. We have just commenced our traineeship program for the second half of this year and would love to talk to you further about growing your business, read Lauren's story on page 4!

Our AQT Audit with DET was held in July and as far as audits go, we could not have been happier with the results. This audit microscopically looks at the processes that underpin quality of assessment and general compliance standards that all RTO's must adhere to. A successful audit means we retain our status as a 'low risk' RTO and that we can now focus on growing our business including providing new products to the health and fitness industry.

Reflective moments will tell the story of how much you can accomplish in a short amount of time. I have to pinch myself that we are now into September and our next newsletter will be a month shy of Christmas (again!). So here are a few things that are already in development for the next quarter:

- Kranking - to become a registered CEC course
- Kick Punch - new CEC course
- MMA Conditioning - new CEC course
- Diploma of Management - new course
- Massage
- FIT Nutrition to hit the shelves in Brisbane (new banana flavour!)

The adventure is way beyond Chris and I, and is more about the people we surround ourselves with. We have an incredible team and we all work hard in providing a quality product and service to our clients and students, so a big thank you to our team.

Keep Kranking

Training Toolkit

Remember when Spinning burst onto the Australian fitness scene more than 10 years ago? Now a fitness phenomenon, Spinning is one of the most popular group fitness classes in Australia and you would be hard-pressed to find a gym that doesn't have at least a few spin bikes available for its clients if not an entire spinning room. Now there's Kranking!

This year, Kranking has emerged as one of the hottest new trends to hit the industry, and FIT is proud to be the national training provider for all Kranking-related education.

Kranking is the first exercise program designed to focus on the upper body as a way to build cardio fitness. It's a fun new way to build aerobic capacity and upper body strength, burn calories and build core stability. And, with its focus on the upper body instead of the legs, it represents not only a unique cross-training opportunity for athletes of all types, but also a unique cardio program for people with lower-limb injuries or disability.

Chris Haseman believes Kranking is here to stay and doesn't see it as just another fad that will come and go.

"We are really excited about being named the Australian provider of all education associated with Kranking because we can see a huge value in the program, not only from a fitness perspective but also the cross-over into recovery and rehab programs," Chris said.



The FIT Team.

Chris has five KrankCycles in his FIT Studio, and says the PTs, clients and FIT students love using them.

"Clients love Kranking and first-timers are always amazed at how much of a workout you can get just using your upper body. Our FIT personal training students also get a taste of Kranking during their course and the feedback is always positive. We've even got a couple of injured clients coming in now to use the KrankCycles," Chris said.

Chris and his staff became the first Kranking instructors in Australia earlier this year, and have started delivering training to gyms, studios and independent personal trainers around the country. The first course was run at All Sorts in Sydney.

If you want to keep up-to-date on Kranking, become a fan of the Kranking Australia page on facebook.



Nutrition

Dee's Kitchen

Today I've invited FIT team member Belinda into the kitchen and she's sharing her Ultimate Chocolate Rice-Crackles recipe with us.

By now, you would be well aware of the importance we place on good nutrition, and of the vital role that protein plays in your body, not only for building and maintaining muscle but also for long-lasting fat loss. So once again, we're focusing this column on a high protein snack to help you boost your daily protein intake. While fulfilling your daily protein needs from lean protein food sources is recommended, it's not always feasible in this fast-paced world we live in. More often than not, convenience foods are high in carbohydrates, fat and salt, and generally pretty low in protein. Here's a great recipe for a snack that comes in at around 100 calories per serve but with a hefty 17g of protein.

Ingredients

- 60g of FIT Nutrition UMF chocolate protein powder
- 2 thick, plain rice cakes

Preparation

Add a very small amount of water to the protein powder. Mix well until you have a thick, sticky consistency. Add extra water if required. Tip: add water conservatively to avoid the mixture becoming too runny. Crumble the rice cakes into small pieces and add to protein mixture. Stir thoroughly until rice cakes are coated. Cover a plate or container with plastic. Spoon three balls of the mixture onto the plate and cover with plastic. Place in the freezer to set. Before eating, leave at room temperature for a few minutes.

ENJOY!

Nutritional Information

The mixture makes three Ultimate Chocolate Rice-Crackles, each containing:

102 calories
17g protein
6g carbohydrate
1.1g fat



Self-belief

I wanted to talk about finding self-belief and share with you the time I stumbled across mine. In 1996 I travelled to Alabama to fight in what could be described by today's MMA standards as a primal cage fight that consisted of few rules, a cage and one 30 minute round. It was as close as you will get to the 'two men enter one man leaves' theme.

I was with my coach Bill Turner and we were watching the fight prior to mine, which was one between a Brazilian and a Russian. Both fighters looked the goods and the fight was a bloody and brutal beat down that saw the Brazilian victorious at what seemed like an endless pounding of the very tough and relentless Russian. I clearly remember saying to Bill "remind me never to fight that guy", I later found out his name was Carlos Barreto - a world class Brazilian Ju Jitsu exponent. I also remember seeing the Russian fighter's head as he came into my dressing room and I now know what you really look like after a Mack truck hits you. This was certainly not the ideal pre-fight experience to be having I can assure you.

My fighting career was well underway and by the year 2000, I was fighting regularly throughout the world and in the same year invited to fight in Japan's prestigious King of Kings tournament which saw 32 fighters from around the world invited to compete for the crown.

My jubilation quickly turned into apprehension at the draw where I found out who my opponent was... YES!!! None other than Carlos Barreto, the very man four years ago I swore I never wanted to fight. My coach Bill Turner who was with me on the very day I saw Carlos fight in Alabama was again with me that day in Japan. I walked into the promoter's office and said "Why me, he is the tournament favourite". Maeda the promoter of the tournament replied "Chris I have been watching you and you can beat him". I just sat in disbelief that finally I had made the King of Kings but only to have my first match up against Carlos Barreto. Maeda said if the money was the issue he would pay me my appearance fee and my win fee upfront but if I won the fight, he would not pay for my next fight. Seemed like a pretty good deal to me at the time.

As I walked out to the ring with my coach by my side, Carlos had already made his entrance and was confidently waiting in his corner for me to arrive. My coach then said "Chris just do me one thing. Punch that smile off his face and I will be happy with that". Right then my whole focus changed and punching Carlos in the mouth was all that I had to do to make my coach happy. Winning or losing was no longer the focus point.

The bell went and in the first few exchanges I landed some quality strikes and noticed that Carlos no longer had the air of confidence surrounding him. I continued to dominate more and more as the fight continued. What I found amusing afterwards was at the end of the first round I had more people in my corner giving me advice and encouragement than I came out with and they included some of the big names in the game.

I went on to beat Carlos Barreto that night and learnt one of the most valuable lessons of my fighting career, and that is the power of self-belief and in this case the cost associated with disbelief (given I now had to fight the next fight for free).

The following year I fought my way through the King of Kings tournament (with belief) all the way to the championship title match that saw me face one of the greatest MMA fighters of all time, Fedor Emelianenko.

Live the dream! Chris Haseman

"Lessons learned... Never give yourself permission to fail or fall short of what you could have achieved. If you wish others to believe in you, you must first convince them that you believe in yourself. The real art lies in its humble application."

Opportunity of a lifetime

Are you ready to start living the dream?

We are looking for a new generation personal trainer for our FIT Studio. Interested in this once-in-a-lifetime opportunity? Contact Chris via email chris@f-i-t.com.au.

FIT HOT Team

A word of warning, if you plan to visit FIT between now and 19 September, you might be lucky and run into our FIT chicks pumping iron and training hard, or you might find them a little stressed and over-emotional. So, what's going on down at FIT?

Belinda is at the back end of more than 26 weeks of training with Russell in preparation for INBA and ANB figure competitions. Dee has also been training hard with Russ since March, and while she is sitting out the comps this year, her training continues in earnest keeping her in great shape for next year's season. Gill on the other hand is training hard for the wedding of the year, when she'll marry Paul Davison on 18 September.

While their motivations are different, all three girls have worked hard in the gym and on the streets doing their obligatory cardio, while keeping their diets in check.

Congratulations go to Gill and Paul for their special day on 18 September, and we wish Belinda all the best at INBA on 19 September.

It has been a year for weddings at FIT, with Russ walking down the aisle in Las Vegas to marry his lovely girlfriend Rachael. Congratulations Russ and Rach.

Watto: Marathon Man

Congratulations to FIT Studio PT, Chris (affectionately known by all as Watto). He won a trip to the United States to participate in the New York Marathon in November. Good luck Watto!

New FIT HOT team members

A big welcome to Sammy and Tammy! Who are they? New FIT team members but you will never see them as we keep them busy behind the scenes ensuring our training and development products are where they should be and our systems are in place to support our future growth plans.

Lauren: FIT Hot Graduate

Traineeship

Did you know that FIT is working with a number of leading employers in the fitness industry to provide structured training under a traineeship arrangement?

Right now, 12 first-grade Brisbane Broncos players are completing their qualifications with FIT under the traineeship scheme, and a number of other businesses are also taking advantage of the scheme to upskill their existing employees.

One such employer is JETTS Fitness at Capalaba, who has helped one of its talented customer service officers – Lauren O’Shea – to gain her fitness qualifications. Lauren’s supervisor, Jacqui Clarke said that Lauren’s outstanding ability in customer service and her passion for the industry led her to look into fitness career options for Lauren.

“Lauren worked through the school-based traineeship program to complete her Certificate III in Fitness while also finishing Year 12 at school and working part-time at the gym. She has been a saviour to me with her ability to take on any responsibilities around the club,” Jacqui said. After completing her Certificate III, Lauren is now taking on new responsibilities at the club, and taking a hands-on role helping gym members with their goals.

“As a result of the course, I can now provide gym members with fitness programs to support their goals, and I’m passing on the knowledge I’ve gained to other members of the community,” Lauren said. Both Lauren and her supervisor, Jacqui recommend the traineeship program, and the courses offered at FIT.

“Chris and his team gave me a greater understanding of the importance of achieving good health, and the course gave me the confidence to work in the industry,” Lauren said.

“I highly recommend the school-based traineeship program at FIT and look forward to taking on more students in the future,” Jacqui said.

To find out more about traineeships, visit www.f-i-t.com.au/traineeships.

Want success as a PT?

Want to get inside Chris’ head and find out what he believes the critical success factors are for PTs? Visit the website and enter your email address at the top right of the home page. Chris’ top 7 tips for success will be emailed to you instantly!

In the classroom with the Broncos

Testimonials

For the past few months, 12 first-grade Brisbane Broncos players have been completing their Certificate III in Fitness at FIT.

Each week, the players hit the books as part of a traineeship arrangement. Here’s what Corey Parker and Ashton Sims had to say about the course so far:

“The best thing about the course so far is gaining knowledge about the human body, how it works, and how fat is burned in the body,” Corey said.

“I’ve got a lot of interest in encouraging others to get fit, and the course has helped me understand the mechanics behind a great workout program,” Ashton said.

Both players said that the course is helping them understand why certain things are done during training, and that the course will help them keep fit and live a healthy lifestyle once they hang up the footy boots.



Corey Parker during his group exercise assessment.

Upcoming Courses at FIT

Weekends	8 consecutive weekends Saturday & Sunday 9am - 3.30pm	Next course starts 25 September
Weeknights	16 consecutive weeks Monday & Wednesday nights 6 - 9pm	Next course starts 1 November
Fulltime	5-6 weeks Monday, Tuesday, Wednesday 9am - 3pm	Next course starts 11 October
Boxing for Fitness	2 half-days 6pm - 9pm 2 half-days 12pm - 4pm	Mon 13 & Wed 15 September Sat 16 & Sun 17 October
Nutrition	2 days 9am - 3.30pm	Next workshop Sat 11 & Sun 12 September

BOXING CEC COURSE

- 8 CEC POINTS

Learn correct boxing techniques that will add punch to your workout!

NUTRITION CEC COURSE

- 13 CEC POINTS

Great nutrition is available to everyone and this course will provide invaluable knowledge to assist you and your clients to reach your ultimate health and fitness goals!

Please call us today to reserve your place on our next course! Phone: (07) 3862 1414 | Email: admin@f-i-t.com.au