

Summer Bodies are made in Winter @ YMCA Epping

Join our
8 Week
challenge
now!



Starts 23rd July

Choose your goal, set your target!

Name:

Start Date:

YMCA Epping
15 Ward Street
9869 8966



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Choose your goal, set your target!

My primary goal(s) is: (choose one or more goals)

- Weight loss/gain: Healthy weight loss is 0.5kg-1kg per week
- Lose/gain cms: it's not all about the scales
- Train for an event: eg city to surf
- Build strength: increase muscle, gain strength
- Master a Skill: chin ups, push ups on toes
- Attend more classes
- Other

My Target(s) are:

.....
.....
.....

Speak to a trainer if you need help setting your
goals and targets!



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Challenge Tracker

Goal (s)	Eg: Train for City to surf			
Target	Run 14km in 90 minutes			
Starting Point				
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				
Week 8				
Overall change				



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Here are some tips to help you change your shape before the sun arrives

1. **Work out directly before or after work** - By setting out your gym gear or packing your gear and taking it to work, you are more likely to follow through with your workout. As the saying goes – “The only workout you will regret is the one you didn’t do!”
2. **Prepare/ plan your Meals** – This is very important. Nutrition is a huge part of weight loss and health. By preparing nutritious, healthy meals and snacks, you are less likely to binge or over eat. Chop up some beautiful vegetables, grill or poach some chicken, cook up a batch of quinoa, pack it into portioned containers and you’re good to go! Opt for healthy snacks e.g 200g full fat Greek yogurt with a handful of blueberries on top, some Hummus with carrot sticks, a handful of almonds.
3. **Find a friend to work out with** – You are definitely more likely to train if you have a friend to workout with. Why not try a new class together? Or do a group PT session? Or just come in and plan a workout together.
4. **Try a class** – Classes are a lot of fun and they usually make you work harder. There are several different classes to try here at the Y. Check out our timetable.
5. **Don’t focus on the scales** – Don’t put pressure on yourself to lose kg on the scales. A better way to gauge how you are going is by measurements. Measure your chest, waist, hips and if you like, upper arm and upper thigh. No one else knows what you weigh, it’s just a number. People will notice however, if you are looking amazing in your clothes!
6. **If you’re hungry, eat** – Starving yourself is a big no no. By doing this, your body goes into storage mode and stores fat as it doesn’t know when the next source of energy is coming in. You are better off getting in a good routine and setting out your 3 meals a day with snacks in between. Another good rule is to eat like a king for breakfast, a queen for lunch, and a servant for dinner.
7. **Mix up your training** – If you find yourself plateauing, it may be time to mix up your training. Try something different. High intensity interval training is a great option to get your heart rate up with minimal rests in between. Boxing is also excellent cardio whilst also working your upper body and core.
8. **Be active on weekends** – Instead of sitting around on the weekend, do something enjoyable! Go for a bush walk, try a park run or stand up paddle boarding. Take the kids out for a bike ride and make it a family outing.
9. **Create a routine** – Getting yourself in a good routine with working out as well as healthy eating will set you up for a positive lifestyle change. If you can make these things part of your day to day life (no more fad diets!) you will be set for the future.
10. **Set yourself goals or a challenge** – By setting yourself goals to work for, you will create great motivation. Set smaller goals to start with that are achievable as this will also help with motivation. Set SMART goals: S Specific, M Measurable, A Achievable, R Realistic, T Time based.

