



Welcome to the HealthPT newsletter. The objective of this newsletter is to provide health and fitness tips along with current research to help you in your training & achieving your goals.

This newsletter is a little late due to the arrival our first beautiful child Patrick.

This month we will focus on:

- [Are you getting to bed on time?](#)
- [Promotions – City to Surf](#)
- [Group Boxing](#)
- [Gift Vouchers](#)

Are you getting to bed on time?

Do you often wake up tired? Do you get headaches or neck aches or have trouble losing weight? Do you follow your natural sleep wake cycles? Lack of sleep is one of the biggest contributors to weight gain and ill health in our society.

Whenever your body is stimulated by light it thinks its morning and releases cortisol, a stress hormone to prepare the body for action or work. As the day gets on into the afternoon the body is expected to slow down to prepare for rest and repair so the cortisol production should start to slow down and the hormone melatonin is released. Melatonin is used by the body for growth and repair and is crucial for regeneration from all the movement that has occurred during the day. These physical repairs usually take place between 10.00pm and 2.00am. After 2.00am the sleep cycle is used for mental repair.

If you fail to gain adequate sleep during these times, the result is a prolonged period of production of cortisol. I have provided detail in a previous newsletter on the effects of prolonged production of cortisol on the body & how it relates to weight management – refer to the December 2008 newsletter attached.

Whether your goal is muscle gain, weight loss or general health and wellbeing your sleep patterns play a major role in achieving your goals.

Promotions

Who wants to run the City to Surf?

The City to Surf is one of Sydney's great community events. Come and train with me for the big race in August. It's an eight week training program starting after the June long weekend. Grab a friend and join me. It's a maximum of six in the group so get in quick. Cost is \$20 per session (\$160 for the eight weeks)

<http://city2surf.sunherald.com.au/>

Group Boxing

- Weekly class held every Wednesday morning @ 6.30am - \$20 per person per

session. Now indoors for winter in Manly location.

- Women's group boxing on Wednesdays at 9.30am - \$20 per person per session. Dee Why location.

Give me a call if you would like to join us.

Gift Vouchers

Personal Training gift vouchers are the perfect gift for the individual or couples all year around. Great for birthdays, morale for employees or a way to say thanks to someone – give the gift of good health & wellbeing. HealthPT can supply gift vouchers for any amount – either a 1 off program session or a series of training sessions. Just give me a call or [email](#) to discuss the options you have in mind as we can tailor a package to suit.

Regards,

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