

# October Newsletter

## What's new this October?

### This month we have:

- A goodbye from Deni and a hello to our new staff members – Brendan and Thia
- Article of the month – High Intensity Interval Training
- New updates from the gym
- Recipe of the month – Beetroot and Sweet Potato Burgers

### **A Goodbye from Deni and Hello to Our New Staff Members – Brendan and Thia**

This October one of our Exercise Physiologists, Deni is sadly saying goodbye before she moves over to work in Canada. As excited as she is for her new adventure she will really miss all of the clients she has been working with over the past year. Deni has had an amazing time at Solutions and would like to thank you all for making it such a great experience. Seeing the all the hard work that takes place and watching clients improve is what makes her job so rewarding. Even though some of you have started referring to her as the 'smiling assassin' – she promises she has good intentions and is simply happy because of all your achievements!

We will also be welcoming two new staff members to our team in the next few weeks – Brendan and Thia, who are both Exercise Physiologists. If you see them around don't be afraid to say hello and introduce yourself.



### **Article of the Month – High Intensity Interval Training**

High intensity interval training (HIIT) has emerged as a popular new approach to take when exercising. The current research supports that HIIT training can provide you with great fitness and health outcomes. Small bouts of exercise even efforts as small as 7 minutes can lead to improvements in health and exercise outcomes. An example of this form of training is our Tabata classes run throughout the week where exercise is broken into 20 second bouts followed by 10 seconds of rest for 8 rounds. According to research HIIT seems to be an efficient means of exercise to help decrease body fat, improve insulin sensitivity (a marker linked with type 2 diabetes), and boost exercise capacity, endurance and muscular fitness. The exercises performed during the workout should aim to be performed at about 80% of an individual's full capacity. This study explored the difference between continuous exercise (50 minutes of cycling) and interval exercise (3x 20 sec bursts of cycling with 2 minutes active recovery between bursts). Results showed that twelve weeks of brief intense interval exercise improved cardiometabolic health to the same extent as traditional endurance training, despite a five-fold lower exercise volume and time commitment. So in other words, you can still get a big bang for your buck out of high intensity interval based training as longer continuous approaches to exercise. Talk to one of our trainers today if you're interested, we have interval training classes for a wide range of fitness levels.

Source:

[http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0154075&\\_hstc=193161458.205442a1e835c34ab7bf88e972fdd7a7.1466294400033.1466294400034.1466294400035.1&\\_hssc=193161458.1.1466294400036&\\_hsfp=3105786926](http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0154075&_hstc=193161458.205442a1e835c34ab7bf88e972fdd7a7.1466294400033.1466294400034.1466294400035.1&_hssc=193161458.1.1466294400036&_hsfp=3105786926)

## New Updates from the Gym

As you may have noticed, we have had a few changes in the gym recently, bringing in some new equipment as well as our pilates stage. Our pilates mat classes will now be more comfortable with a better view of the instructor and more room for mats. As things have been moved around, don't be afraid to ask one of the instructors if you are having trouble finding a piece of equipment. We will also be launching a new timetable soon with some exciting changes – stay posted.



## Recipe of the month – Beetroot and Sweet Potato Burgers

Who says burgers have to be unhealthy? This recipe is delicious and will keep the whole family happy!



### Ingredients

- 1/2 cup tri-coloured quinoa
- 3 brown onions
- 1 1/2 tablespoons extra virgin olive oil
- 2 garlic cloves, crushed
- 1 (260g) beetroot, peeled, grated
- 1 1/2 teaspoons ground coriander
- 1/4 teaspoon ground chilli
- 1 egg, lightly beaten
- 1/2 cup rolled oats
- 200g orange sweet potato, peeled, cut into 12 x 5mm-thick slices
- Olive oil cooking spray
- 1 tablespoon white balsamic vinegar

- 50g baby spinach
- 4 cape seed rolls, split, toasted
- 1/4 cup low-fat Greek yoghurt

### Method

#### Step 1:

Cook quinoa following packet directions. Set aside to cool.

#### Step 2:

Meanwhile, finely chop half of 1 onion. Slice remaining onions and set aside.

#### Step 3:

Heat 2 teaspoons oil in a large frying pan over medium-high heat. Add finely chopped onion, garlic and beetroot. Cook, stirring occasionally, for 6 to 8 minutes or until onion has softened. Add coriander and chilli. Cook for 1 minute or until fragrant. Remove from heat. Set aside to cool.

#### Step 4:

Place beetroot mixture and quinoa in a large bowl. Add egg and oats. Season with salt and pepper. Mix until well combined. Shape into 4 patties. Place on a large plate. Cover. Refrigerate for 20 minutes or until firm.

#### Step 5:

Preheat oven to 200C/180C fan-forced. Line a large baking tray with baking paper. Place a wire rack on a separate large baking tray. Place patties on lined tray. Place potato, in a single layer, on wire rack. Spray with oil. Season with salt and pepper. Bake potato and patties for 20 minutes or until potato is golden and crisp, and patties are firm.

#### Step 6:

Meanwhile, heat remaining oil in a frying pan over medium heat. Add sliced onion. Cook, stirring, for 10 minutes or until golden. Add vinegar. Cook, stirring, for 2 minutes.

#### Step 7:

Layer spinach, patties, potato and onion on roll bases. Dollop with yoghurt. Top with roll tops. Serve.

Source: <http://www.taste.com.au/recipes/beetroot-sweet-potato-burgers/34dd6692-b236-4316-bc92-9c98fc9e498e?r=healthy&c=f1e33600-e1d2-4227-8dfd-a45ddb6c6f846/Heart%20friendly&h=Healthy>

***A final message from the solutions team – enjoy your holidays, embrace the warm weather and be safe!***