



SWEATBEAT

Te Puke Health and Fitness Newsletter

OPENING HOURS:

Mon – Fri 6:00am – 8:30pm
Sat – Sun 8:00am – 1:00pm

Closed public holidays unless specified

Welcome to Te Puke Health and Fitness' newsletter.

Below are just a couple of examples of the great information we put in our newsletters, if you would like to subscribe, call us today on 07 573 5855 or email doit@tepukehealthandfitness.co.nz.

Don't forget that if you sign up for a new membership on our website, you SAVE \$75! [Click here to visit our Membership page.](#)

- **Walking vs Running** – Current guidelines recommend that we do a minimum of 30 minutes of physical activity each day. So well done with your current program! Whilst walking is accepted as having the right intensity for “fat burning”, in reality for each minute of running you will burn a greater amount of energy. Therefore running will give you greater fitness benefits and will use more energy (and burn more fat) in a shorter time. Running also burns more energy after you finish exercising as well. But as running is high impact you need to be relatively injury free before you start. However walking is an excellent low impact, whole body exercise which is recommended if you are starting an exercise program or are unfit.
- **Thoughts to Ponder:**
 - *Why does the sun lighten our hair, but darken our skin ?.*
 - *Why can't women put on mascara with their mouth closed ?*



Te Puke Health and Fitness

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