



FITNESS WITH COLETTE

We all know the saying “healthy body... healthy mind”. This week Colette gets active with a few ways to keep exercise interesting!



BELLACIZE

Colette's instructor, Christine Sully, is the queen of shimmy. She's developed her own fun form of exercise, Bellacize, which is taking off around Australia.

Christine Sully developed the Bellacize workout after realising fitness members needed exercise to be a positive, enjoyable experience - not a necessary chore. Christine says, the girls in her class smile, laugh and have fun throughout – this is what exercise should be about! You are likely to stick at exercise and remain fit and healthy forever if you really enjoy the exercise you do!

Bellacize is an exotic combination of Belly dance, Bollywood & Burlesque. Each class goes for 1 hour and encompasses about 20mins of each of these genres. They are for beginners to intermediate and we focus on building your confidence, fun and fitness whilst learning great dance skills.



Colette's class takes place at Melbourne's QV Women's Centre building in the city.

www.qvwc.org.au

You can find classes in Victoria, Queensland, NSW, Western Australia and South Australia. To find a Bellacize class in your area www.bellacize.com



Next up, Colette takes us on a tour of her gym – a Good Life Health Club

All their clubs have timetables packed with classes including Cycle, Abs Butts and Thighs, Aqua and Cardio Blitz. Pilates and yoga sessions are available for those looking to improve their flexibility and posture. Club members have unrestricted access to all our group fitness programs and classes run every day, so you can always try something new to mix up your workout.

YoPiLo Class:

YoPiLo draws on the physical aspects of Pilates, yoga and strength work to connect to the rhythm of life and restore balance and harmony to body and soul. Take home ideas on blending exercise disciplines effectively, embracing the more esoteric aspects of a mind body class and working with the body's energy to achieve inner self regulation and wellbeing.

Tai Chi:

Tai Chi, or Taijiquan in Chinese, is an outstanding gem of traditional Chinese culture that is valuable in promoting health, developing combat and self-defence skills, and improving concentration and overall well-being.

Although it is a branch of the Chinese martial arts (Wushu), it has also been practiced for general health and fitness purposes since the 16th Century. Health benefits are derived from the Tai Chi's slow, gentle and tranquil movements which enable harmony in mind and body, improved mobility, suppleness and mental alertness.

Good Life Gym Tips on Staying Fit & Healthy:

Staying Power

Get an energy boost with complex carbohydrates. Wholegrains and legumes give you serious staying power throughout the day: try brown rice with a stir-fry, freshly cooked porridge in the morning or a casserole with chickpeas or kidney beans.

Kick Start Your Day

A double espresso isn't the only way to kick start your day. Aromatherapy can help you spring into action first thing in the morning: try invigorating citrus oils in the shower or a couple of drops on your gym gear for a sensory lift.

Counteract Cravings

Eating for emotional reasons is incredibly common, but there are plenty of ways to counter your cravings: try hitting the gym, pounding the pavement or calling a friend to break up your pattern.

Social Side

Instead of meeting friends at a restaurant or café, suggest catching up for a walk, a cruise on a bike track or a friendly game of sport.

At Goodlife Health Clubs, you'll discover a family-friendly environment created FOR REAL PEOPLE, with dedicated, encouraging staff who'll help you improve your overall health and fitness, not just your muscle tone. If you think that this sounds like you, then head to www.goodlifehealthclubs.com.au *nb. Clubs have no connection to our show*

www.guidetothegoodlife.com.au