

# DID YOU KNOW?

- The human body has more than 650 muscles (cardiac, smooth, and skeletal). Skeletal muscle accounts for approximately 45% body weight in men and 36% body weight in women.
- Over age 45, many people lose muscle mass and for every pound of muscle lost, the resting metabolic rate drops by nearly 50 calories a day.
- Almost three quarters of all allergy reactions to food are caused by three foods: eggs, milk, and peanuts
- Stir frying is one of the best methods for retaining nutrients while cooking vegetables, followed by pressure cooking and steaming. Boiling is one of the worst, followed by deep frying.
- A study of 44,000 (American women) found that the more weight a woman gains as an adult, the greater her risk for all types, stages, and grades of breast cancer.
- Alcoholic drinks are absorbed so fast and so efficiently that about 20% of the alcohol in a drink reaches your brain within seconds after consuming it.
- By 45 years of age, impulses between neurons in the brain can begin to slow as much as 20%. A study found that middle aged adults who improved their fitness by 15% through cycling also raised their scores on a memory test.
- Fish oils, rich in Omega-3 fatty acids, have been linked to: reduced risk of sudden cardiac death, overall improved heart function, decrease in progress of macular degeneration, relief of inflammation, arthritis and joint pain, lowered risk of developing Alzheimer's (if consumed over a long period of time) and lower triglyceride levels.

## WHAT THE SCALES MISS

Scales simply measure your total body weight in kilograms. They don't measure how many of those kilograms are muscle, bones, blood, and fat. So focusing on the scales to tell if you are at a healthy weight is problematic because you don't know how many kilos are fat and how many are muscle.



## THE DIFFERENCE BETWEEN FAT AND MUSCLE

You may have heard that “muscle weighs more than fat”. That’s not true – a kilo of muscle weighs the same as a kilo of fat – one kilogram! Fat and muscle differ in an important way – muscle is much denser than fat. Imagine muscle is like a brick and fat is like a cotton ball. It takes far more cotton balls than bricks to make up one kilogram. So a kilogram of fat takes up more space in your body than a kilogram of muscle. This ratio of fat to muscle is referred to as your body composition or body fat percentage.

## GETTING REAL ABOUT WEIGHT

Your body weight can fluctuate by a few kilograms over the course of a day due to the amount of water in your body, a big meal, or hormonal changes in women. If you feel the need to check your weight, make sure you do it under the same conditions; day, time, and prior to eating. However, measuring changes in body fat and the way your clothes fit are far better indicators of your progress towards improved health.

We hope you all enjoyed your Christmas and New Year, and were perhaps lucky enough to enjoy some time off and get away. This time of the year is extremely busy for us with school holidays and the vacation learn to swim programmes. We would like to thank you for being patient and understanding when standing in those long queue's or searching for that vacant car park and sharing the lap lane with a few more than normal.

The construction of the learn to swim wall in the 25-metre pool over winter has definitely provided better tuition and access for swim school. It has also allowed the area to be utilised by the public outside swim school hours, thereby providing more available public space. This project wasn't as easy as one would think with approvals being required from the Health Department of WA which includes architects, engineers and risk management advisors. Dealing with the contractors was especially frustrating particularly during this building boom we are experiencing.



## OPEN DAY

On December 17, 2006 the Centre held its third annual Open Day with a breakfast. The day was a great day for families to come to the Centre and enjoy a free breakfast and free activities including Buster the Fun Bus, bouncy castle, pool inflatables, treasure hunts and a visit from Father Christmas.



## WATER WASTAGE

*We receive many feedback forms about water wastage in the showers, and with Perth experiencing its driest year since rainfall records commenced in 1876, we all need to be vigilant with water. Therefore we need to keep our showers to a brief minimum of approximately three minutes, and if you do observe anyone wasting water please inform a Lifeguard.*

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# FREMANTLE LEISURE CENTRE TAKES SECOND PLACE IN THE POOL LIFEGUARD CHALLENGE

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On January 12<sup>th</sup> the Royal Lifesaving Society held a Pool Lifeguard Challenge. Eight centres were represented across the State. Fremantle Leisure Centre entered a supremely buff athletic team, consisting of James "Hasselhoff" Annetts, Jodie Thomson, Nat Hudson and Matt Price.

The event was held in the water polo pool at Challenge Stadium.

Each team had to respond to the same scenario: cramping swimmer, lost child, a frantic parent who proceeded into shock and deep water removal and resuscitation. There were eight actors who were queued by judges to perform their roles. The teams were timed and had three minutes to compete, judges marked the performance of each individual giving the team an overall score.

All Teams were held in the City Beach Club room with blackened windows and no ventilation. As we found out later this tactic was not to promote intimacy, but that of vengefulness against fellow competing teams.

Fremantle came in second position (by one lousy little point) to Bayswater Waves who coincidentally have been removed from our Christmas card list. The Fremantle Team did exceptionally well and look forward to future competition.



## SWIM 'N' GYM MEMBERS

Did you know you are entitled to **10% off** the original price of merchandise at the Swim 'n' Gym shop?

*Prior to January 1, 2007 the cleaning of the ablution was done by an outside contracting company, this company is no longer providing its service and the Centre has taken on the responsibility of cleaning. Already we have received positive comments on the presentation of the ablution facility. We endeavour to maintain this area to a high standard.*

## STAFF PROFILE

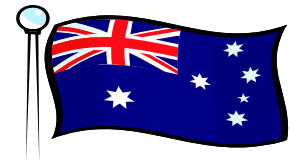
**Name:** Natalie Hudson  
**Position:** Duty Manager  
**Favourite Food:** Fish and Carpaccio  
**Favourite Restaurant:** Shanghai Markets  
**Favourite Sport:** Anything water based  
**Favourite Movie:** 50 First Dates  
**Life's highlights:** Living in Egypt for 5 years  
**Would like to meet:** God  
**Dislikes:** Early Mornings



# SWIMMING POOL GAMES

## Australia Day Relay

In a circle or down a line pass a small ball as quickly as possible using your feet. The Australia part is that the ball must be kept completely "down under" the water. If the ball comes to the surface you must start at the beginning.



## Marco Polo

One swimmer closes their eyes. They are "it". Everyone hangs around "it" trying to avoid being tagged. When "it" yells "Marco" everyone else has to yell "Polo" The first person caught is the next "it".

## Sharks and Minnows

The "shark" stands in the middle of the pool and all the "minnows" stand on one side. On "go" the minnows try to swim to the other side. Any minnows caught while they are on the surface become a shark until all the minnows are caught.

## Toothpick Pick Up

All swimmers turn their back to the pool. Scatter five toothpicks per swimmer on the bottom of the pool. The first to pick up five is the winner.

## Sleeping Crocodile



Someone lays on their back floating with their eyes closed. The swimmers can try to get to the crocodile without being heard. If the crocodile hears you he will wake up and catch you.

## "NEW" ADULT LAP SWIMMING

This new term program will start on Wednesday mornings at 9.30 am. Bookings can be taken from 18 September at Reception. The cost will be \$10.25 per week for forty five (45) minutes. Maximum 10 in group.

### SPECTATOR FEE

*Non swimming spectators that visit the Fremantle Leisure Centre are charged a minimal spectator fee. The Fremantle Leisure Centre is a community facility, managed and owned by the City of Fremantle that has an obligation to remain affordable to all members of the community. The spectator fee contributes to other associate costs of providing a recreation facility, such as maintaining the grounds, security, car park, toilets and change rooms. The ongoing maintenance and up keep to these services is extremely costly.*

### FAMILY CHANGE ROOMS

*Several people have made comment that they are not comfortable with their child/children showering or going to the toilet unsupervised. The Centre has three family/disable change room facilities, most would be aware of the two at either end of the ablution block, but you may not be aware of the other family change room facility on the southern side of the gym, next to the staff room. Please feel free to use this facility.*