



Hi Guys,

Welcome to our **March** edition of our **DFC Newsletter**.

We hope all your training and lifestyle goals are going well...

Some very exciting news from the Fit Club this week - **Philly McMahon** is coming to visit next Monday at 6.30pm!

His name will be familiar to you as he's a Gaelic footballer for Dublin and Ballymun Kickhams – but Philly is also the owner of food company, **FitFood Ireland**. He'll be visiting the gym on **Monday 7th March at 6.30pm** to give you guys a talk on the origin of the food and how important your nutrition is. He'll also explain how with the training you are doing with us, and smart nutrition, you can achieve your goals even faster.

We have managed to secure a discount for all DFC members with FitFood Ireland for the month of March.

Drop us a text or email if you want to come along and we'll pop you down on the list!

FitFood Ireland

FitFood is an affordable healthy meal delivery service for Dublin and their chef will prepare breakfast, lunches and dinners, along with healthy treats.

All meals are sugar, gluten and dairy free. The menu caters for all fitness needs, including busy single people, healthy couples and new mamas, so there's something for everyone.

Check out their Facebook page - <https://www.facebook.com/FitFood-237020916505770/?fref=ts> or follow them on Twitter @Fitfoodireland.



Now let's get into the topics we want to discuss...

Brighter Mornings

With the mornings getting brighter slightly earlier and the evenings getting slightly longer it got us thinking about the months ahead and what you can do now to stop that dreaded feeling when you wake up in six weeks and say, "S**T I better start training only 4/5 weeks until I go away on holiday" or "Summer is nearly here I better start doing a bit".

Attitude

Why not adopt a different attitude something like this... "Okay, so instead of cramming everything into a month or so before the summer, I am going to be sensible with my training- 2-3 times per week and I am going to be sensible with my nutrition."

80/20 Rule

Try and apply a 80%-20% rule with nutrition – (the 20% is for any indulgence in your nutrition).

SMART Goals

Having an approach like this will lead to longer more sustained results for you rather than constantly being up or down with training and nutrition. Think SMART goals we outlined from previous newsletter.

Variation

If you are applying these training and nutritional principles already then happy days, but what about giving your body/mind a fresh challenge by changing your training around slightly? Try a different class - strongman/woman instead of cardio combat- TRX instead of bodyblast - weight training instead of TRX? Pick up a heavier weight? Try walking to work instead of driving? Try one or two the sprint/interval sessions we sent on in February's newsletter?

New Stimulus

These are all little tools on how to keep your body guessing and adapting to different stimulus all the time. Here is a tidy link on benefits of changing your training around to keep on top of your goals: <http://www.healthline.com/health/variety-spice-fitness-diversify-your-workout#4>

Until next month!

Brian & PJ



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