

Kia Ora!

I've been using this "club within a club" since last summer. I coach RPM and I love it but my Monday evening class had too many empty bikes despite the awesome moves & music! It's probably one of the toughest time slots, seriously who wants to get on a bike and work after they've spent an entire day answering cell phones, e-mails, fax machines etc. and then go home to make dinner for the family. I invited as many of my busy club members as I could to a Monday RPM with a twist... dinner too. Well sort of, I prepare in advance a convenient, inexpensive, healthy meal for the class to sample after we ride. I Prior to becoming a Les Mills instructor I taught Nutrition & Wellness for our state University extension office so the skills I used in my job before, became the inspiration for what we now call "Club Fed" I love breaking bread with other RPMers we not only eat but we feed off of each other's ideas for other healthy meals and snacks. It's been "standing room only"(haha) on Mondays.

Reservations fill up fast.

I have even enlisted the help of members who are doctors and nutritionist to add a little question and answer session on fitness and the importance of nutrition for peak performance.

So I get a little more bang for my buck, not only do I get to coach RPM but I also get to share my passion for healthy eating with a great group of hardworking and very disciplined exercise FREAKS like myself. Thanks LES MILLS I love my club and my job!

KIA KAHAI,

Tanya Heller RPM FREAK!

The Clubs at River City Peoria IL

Greetings from Illinois! I hope that I can answer all your questions and that you enjoy the photos from Club Fed "Yogurt Parfait night". First let me start by saying we are a fairly small club with only 15 bikes. Getting to know my RPMers on a personal level is a given. The club thing just seals the deal. On occasion I ask for feed back, things they'd like to try, topics of interest, we've discussed Diabetes and diet with a nurse etc. So I asked and have been given the following insight from 2 clubnaclub members.

Kevin: "I used to leave work, go to the club jump on a treadmill and then hit the drive thru @ the local fast food joint. Club Fed is the hi-light of my week. I now love RPM & the instructor. The tasty samples & recipes have sent this single dad to the produce aisle instead of the drive thru. Tanya has introduced us to vegetables I never knew existed and ways of cooking them that even have my teen-aged daughter asking for seconds.

Club Fed & RPM are the best socialization I have going right now I look forward to it & I love it!

Another member of ClubFed says, "I come here after work to de-stress, the workout is great but mixing in a little education, great food, and the sharing time has opened the door for me to try other classes. Tanya has me trying Body

Combat (I never would have tried that on my own but she goes with you). I not only feed my body with a great workout & healthy food, I feed my mind with all the great ideas from other members.

As I mentioned in my previous email my passions, apart from my fabulous husband and awesome family are exercise and great food. In another time I served as a Family Nutrition Coordinator for our state University's Extension Office. Putting those skills together along with the RPM program seemed to be a perfect fit. I took on the Monday evening 5:15 class which had an average of 3 participants. I knew RPM could fill those empty bikes if I could just get people through the door so I recruited friends, family, other instructors, people who's only work out was a walk on the treadmill(boring).

I'll be honest I'm a little over the top when it comes to my desire to share fitness with people. I hardly go anywhere without mentioning class or recruiting. I actually think I might sleep better if I could just convince everyone to love running, biking and pump as much as I do! I refused to take no for an answer, & within a week I convinced everyone to *want* to ride.

During my recruiting efforts club members mentioned that they often drive through fast food establishments after class in part because they've eaten poorly during the day and tend to crash after the workout, & also out of habit. It's fast and simple were the excuses I got from them. Knowing that poor food choices and lack of exercise have allowed obesity to affect more children in the United States than any other childhood disease I came up with Club Fed. I simply prepare samples and hand out the recipes for quick, low cost healthy meals. The opportunity to share recipes, ideas and then enlist the help of a few of the nurses who are in the club to answer diet and health questions just took off. The club has not only filled the empty bikes in my class but fellow RPMers tell me they spend more time in the produce section, they now consider the right protein choices, and look forward to sharing the recipes with their families. They also share their love of exercise with their children. YEAH!!!!

Mission accomplished! If we want our children to be healthy we must first be healthy. We as adults must start being what we want our children and their children to become. I feel like Club Fed can be a step in that direction. I invite all members to join us the door to the Club Fed club house is always open. Maybe it's one pedal stroke closer to fighting and ending globesity!

Thanks for inspiring and for listening! ROCK ON!

Tanya

p.s. attached photos are of members and myself enjoying yogurt parfaits an ideal post work out snack to keep that endorphin high going! We don't actually have a clubhouse so I painted posters that I hang to signify the mtg. place. Oh, I'm the one in all black with the dark hair and awesome tan!

Photos:

