



# GET IN SHAPE & BE HEALTHY WITH FIT KAT BOOTCAMP

Fit Kat offers fitness training for all women. It fuses the traditional bootcamp with boxing, strength and cardio training.

COMMUNITY

SUPPORT

EMPOWERMENT



# WHO WE ARE

Fit Kat is not your average gym. Set in a unique and idyllic environment in the Sunshine Coast town of Diddillibah, it offers a space to breathe in nature after the intensity of a workout. It is safe and supportive for all women.







# BENEFIT WHEN JOINING OUR GYM STUDIO

- ✓ Reduced Body Fat = trim and tone your body shape + change your figure + decrease body fat + drop a clothes size
- ✓ Increase Your Metabolism = more energy for busy lifestyle + Easier to maintain your new body shape
- ✓ Health Benefits = increased bone density which decreases risk of osteoporosis/arthritis (aging) + Normalize blood pressure (less risk of heart attach) + lower cholesterol + decrease emotional stress and provide better sleeping patterns + reduce health care costs



# VARIOUS CLASSES

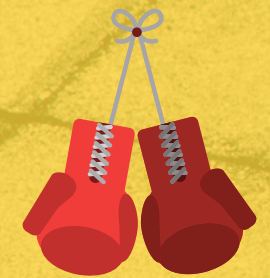
When you join Fit Kat Bootcamp, you join a community that will support you from your first day, provide you with the best information to help you reach your fitness goals, and motivate you to stick to your plan. We don't just train for that feel-good moment; we help you find a purpose too.



**CARDIO**



**BOOTCAMP**



**BOXING**



**YOGA**



# OUR FITNESS CLASS

We work with a variety of goal-oriented individuals, so we can help them get the results they need to stay healthy and fit.



## BOXING

Boxing is the ultimate full body workout. Correctly thrown punches use your legs, hips, glutes, core, obliques, back, shoulders, chest and arms. Punching against resistance causes all of these muscles to contract with more force and speed, developing further your strength and power.



## PILATES

Whether you're craving a stretch session, an ab workout, a cardio burn, or all three, there's a class for you.



## YOGA

It's time to connect to your breath and move move move. Let It Go in this swift and mindful vinyasa yoga flow practice.



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## STRENGTH

In this class you will focus on the 3 main power lifts Squats, Deadlifts, and Bench Press. This program can cater for beginner or advanced lifters.



## BOOTCAMP

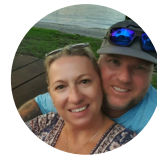
Get ready for a good old fashion Bootcamp. We have ropes, tyres, sandbags, you name it, we have it. A fun class that will really take your strength and fitness to the next level. (Won't lie to you, there probably will be burpees).



## CARDIO

This class will have your heart pumping and sweat pouring. Our body blitz classes are a wide range of fitness and strength classes designed to meet each individual fitness levels. We include HIIT, Circuit,





**Kath** ▶ **Fit Kat Bootcamp**



19 September 2021

I am so grateful I found you Kat. Starting up with Fitkat has changed my life forever. Since starting at Fitkat, I have received loads of encouragement and support from the trainer Kat and have found a new confidence in myself. I have a stronger mindset knowing I can achieve anything. Set in a beautiful natural back ground in a professional training space with friendly trainer Katija Kipre Wilkinson and a supportive, lovely group of self minded ladies, I love the fact that it is a safe space for ladies to train and laugh together. I absolutely love going to fitkat boot camp. I have achieved already in 5 weeks some amazing goals and am looking forward to a healthier and happy version of myself.

**START TODAY**



[www.fitkat.info](http://www.fitkat.info)



**Joanne** ▶ **Fit Kat Bootcamp**



09 October 2021

Fit Kat bootcamp is a great place to train with a great group of women . Always fun and never the same workout twice , so it never gets boring . Kat is a beautiful person & fantastic trainer who puts her whole heart into her training, she will push & motivate you no matter what your goals are or fitness level is. Each workout is always a challenge ! That will leave you with a sense of confidence and achievement to come back and do it all again

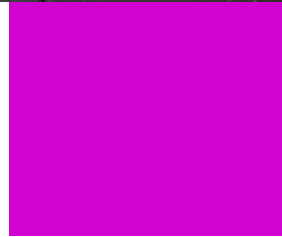
**START TODAY**





# BENEFITS OF EXCERCISE





# Protects You From Cardiovascular Disease

It is not breaking news that cardiovascular disease is one of the leading causes of death. And that's unfortunate.

But scientists from around the globe agree that the mortality rate due to CVD can be reduced by regular exercising



# Aids Weight Loss

Physical exercise, coupled with proper nutrition, is the best way to lose weight (8). If you are borderline overweight, overweight, or obese, you must start exercising. It will help you shed the extra pounds by converting the excess calories into usable energy, which you need to breathe, talk, walk, exercise, and carry out various cellular functions. By losing weight, you will be able to ward off many obesity-related diseases.





## Reduces The Risk Of Type 2 Diabetes

Insulin resistance is when the body no longer responds to insulin. It causes an increased production of insulin by the pancreas. Since insulin promotes weight gain, an excessive amount of insulin production can lead to weight gain. Being overweight or obese increases your risk of insulin resistance. And that may lead to diabetes. **Scientists have confirmed that regular physical exercise can reduce the risk of diabetes by 58% in high-risk population (9).**



## Strengthens Muscles And Bones

The health of your muscles and bones is very important. As you start aging, typically after 30 years, you start losing muscle mass and bone density. And that's the reason many women above 30 suffer from loose skin, joint pain, and osteoporosis. **Research reveals that strength training improves the mineral density of the bones, thereby protecting you from osteoporosis (10).** In fact, strength training also helps improve muscle mass, muscle power, and muscle endurance (11).



### **Reduces Stress**

If you are stressed, you should exercise. Stress not only hampers your sleep at night but also impairs your immune functions (12). Stress also leads to excess accumulation of harmful oxygen radicals in the body, which, in turn, leads to other diseases (13). Physical activity is highly beneficial in reducing stress. Whenever you feel stressed out, take a walk or run, and you will soon see a change in your mood.



### **Effective Treatment For Depression And Anxiety**

Depression and anxiety are serious mental health issues, and you should not ignore them. Apart from taking medical advice, you must start exercising. Exercise helps release serotonin, the “feel good” hormone that helps uplift your mood.



### **Lowens High Blood Pressure**

High blood pressure can lead to heart attack, stroke, and even death. And it is mainly caused due to bad eating habits, a sedentary lifestyle, and/or inherited genes. If you suffer from hypertension or high blood pressure, you must take care of your diet and start exercising.







## **Reduces Risk Of Cancer**

Cancer is one of the leading causes of death. It is caused due to faulty genes synthesizing faulty proteins, leading to uncontrollable cell division. It becomes dangerous when the cells metastasize and affect other body parts. Regular exercising not only helps reduce the risk of cancer but also has a positive effect on people undergoing cancer treatment

## **Improves Digestion**

According to a study published in Oxidative Medicine and Cellular Longevity, regular physical activity modifies the gut microflora. This helps improve immune function and digestion and positively influences mucosal homeostasis (16). As a result, your digestion and bowel movement will improve, leading to weight loss and better health.





## Reduces Low Back Pain

Low back pain has affected about 540 million people worldwide . And the only way you can get rid of it is by exercising regularly. Do stretching exercises – they help strengthen the bones and muscles in the lower back. Studies proved that exercise helped about 10-50% of patients suffering from low back pain (18). However, avoid exercises that repeatedly need the lower back to switch from the anterior to the posterior pose

## Improves Sleep Quality

Exercising sure has some good effects on sleep. It is the best day-time activity that induces good quality sleep. When you sleep, your muscles, bones, and brain get rejuvenated, which allows you to make better decisions the next day. Exercise is the best, safest, and cheapest treatment for insomnia.

## Increase Your Energy Levels

Feeling fatigued and low in energy all the time is the most common problem that we face today. The reasons may range from being overworked to leading a sedentary life. But the only medicine that you can have is regular exercise. Scientists agree that regular exercise has a positive effect on energy levels. In fact, based on my personal experience, physical activity helps improve productivity as well. So, if you are feeling low, you should probably go for a run.





## Revs Up Your Sex Life

Just like healthy flirting is good for the heart, exercising is good for better sexual intimacy. And this is not only for perfectly healthy individuals but also for women suffering from depression and multiple sclerosis, couples dealing with prostate cancer, and men who have erectile dysfunction. Exercising helps improve mood and boosts stamina and heart function. Practice cardio and strength training on alternate days and do yoga every day.

## Improves Balance And Posture

Balance and posture are everything when it comes to preventing injuries and muscle pull. Regular exercising can help improve your posture, thereby adding an inch or two to your height. It helps to improve your gait and overall physical appearance and keeps your shoulders relaxed, chest up, and core tight. Exercising also helps older adults by preventing falls

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## Improve Skin Health

Your skin is the largest organ, and while it protects the internal organs from the external environment, it can also be prone to microbial infections and other skin diseases. Since aerobic exercise makes you sweat, a lot of the microbes on the surface of the skin get washed away. It also improves blood circulation, giving your skin the perfect glow and warmth.

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## Boosts Confidence Level

Whether you are 7 or 70, exercising or being physically active improves your confidence, self-esteem, and self-worth. It stimulates positive energy in your body and has amazing physical and mental health benefits. As mentioned before, exercise helps with depression, stress, obesity, and various health issues – the major reasons for an individual's low self-worth and confidence.

## Get in touch

We believe that exercise, nutrition and fun make up a healthy lifestyle! Our classes are focused on building strength, flexibility, and reducing stress

### Address

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Woombye

### Phone

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### Email

[kat@fitkat.info](mailto:kat@fitkat.info)

### Working Hours

Monday-Friday  
05:00 - 18:00