



November Newsletter



CUP WEEKEND



STUDIO CLOSED

Sat 4th - Tues 7th Nov
for Melbourne Cup Weekend
Normal training
resumes Wed 8th Nov.

NOVEMBER BIRTHDAYS!

Zoe Murphy	3rd
Caroline Roberts	3rd
Belinda Palframan	4th
Anthony Roberts	6th
Bernadette O'Regan	11th
Trevor Street	15th
Matt Kilkenny	18th
Victor Maniaci	21st
Rhonda Fitzpatrick	22nd
Linda Harper	22nd
Karyn Alexander	25th
Chris Street	25th



8 WEEKS TO CHRISTMAS....

8 HABITS TO CHANGE!

As we approach the festive season again we need to make sure that we stay focused on good health and control our urge to splurge!

1. **Drink more water!** Water is even more essential as the weather heats up so monitor your intake to keep your fluids up, particularly when exercising when it's hot.
2. **Eat 1 new fruit and vegetable per week!** Sounds simple but make sure you try something new and keep your taste buds excited.
3. **Try a new activity!** Once again a simple one to do, maybe even just try a different piece of cardio equipment in the studio. If you always warm-up on the treadmill get on the bike, rower, skier, stepper!
4. **Add a walk on the weekend!** Get out in the sun, enjoy the fresh air. Take a four legged friend or a human friend, it's up to you.
5. **Read a book!** Reading is really relaxing and gives you a great opportunity to get away from technology so go the good old book version, not the screen. Stimulate your brain and relax your body.
6. **Try a massage!** If you enjoy regular massages book an extra session in the lead-up to Christmas to keep stress away. If you have never had a massage TRY IT! You will be amazed at how good it feels and how relaxed you will be. It's also a great way to keep your exercising muscles happy and healthy.
7. **Meal Preparation!** Try to spend a little extra time planning healthy meals so you are not caught out and heading for take-away. Always have easy protein and salad options in the fridge so it is quick and easy to prepare a healthy meal. Also have vegetable sticks cut up in the fridge for snacks.
8. **Count your SLEEP!** Never under estimate the importance of enough sleep. When we are over tired our brains and bodies do not work to their fully capacity and everything is harder. Try to go to bed at least 30 minutes earlier several nights per week.

12 Week Program Update!

The participants in the program have shed a **MASSIVE 55kg** (that's nearly a whole Mollie or Lauren!) We are making a big push towards the finish line with 4 weeks remaining and everyone working hard towards their goals.

Here are some general tips for the programmers to incorporate into their last 4 weeks:

- **Keep your water intake UP!** This will help you avoid eating and drinking extra calories throughout the day. Try having a glass of water before each meal. You will feel fuller and avoid unnecessary snacks and seconds!
- **Plan your weeks menu!** This can be a big slip up risk! If you have a daily well-planned, healthy menu written you can stick to that, plan your grocery shopping around it and keep your pantry and fridge free from naughty foods.
- Remember your **3 free classes** with your program! They expire at the end of the program. Take advantage of this and book in a class a week to up your activity levels and maybe even find a class you'll continue after the program ends!

It takes 3 months to create a habit! We have one month left so remember why you started and let's smash those goals!

For *outstanding effort* throughout the program, we are awarding a discount massage voucher from Hopetoun Natural Therapies to **Jo Mackenzie-King!** Keep up the fantastic work Jo!

MELBOURNE CUP WEEKEND CHALLENGE - Most Steps Wins Voucher



The long weekend is fast approaching and we have a challenge to keep you moving for those four potentially lazy days! The gym will be closed Sat 4th – Tue 7th of November, so to help keep you all on track the **client who clocks the highest amount of steps over the long weekend (the highest on a single day, not accumulated over the four)** will receive a discount massage voucher from Hopetoun Natural Therapies! We require proof (eg. A photo of your tracker)! So while we know it can be a time for relaxing with friends, let's not forget to keep our feet moving!

Corporate Sponsors for 2018 Treadmill Challenge

75% booked

Hurry to lock in your treadmill for 2018
before they are all gone.

Call Jane for more info - 9876 6800



Grandad bought my first car to match his.....



Fitness Energy

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