

What did you achieve?

I think everyone is a bit blown away by how quickly January has gone by. Did you make each moment count? How are you progressing towards your goals?

I really do hope we have made progress. I did in some areas, but not so in others. But it is okay not to reach your goals. What matters is that you can evaluate what has happened and develop a new plan so that you make it next time. Do this now, not tomorrow! We all know what happens if you leave it until tomorrow.

What did I not achieve? I know I'll be asked, so I'll put it out there. I was going to start meditating at least once a week. Didn't happen. I know what happened and I have made the necessary changes to make sure it does happen this month.

Did you think about mantras? I heard a good one this month... Mind over habit! Love it!

New things to look forward to this month! I hope those that register for boot camp will enjoy it and find themselves getting fitter each week. I'll be progressing everyone's results. It's all about personal best! Get outside your comfort zone. That's the only way you can get better.

Please feel free to contact me on email, facebook or phone at any time. Any questions, information or suggestions are welcomed.

Enjoy February, it's the last month of Summer! Get outside and be active! Get up early while the sun is still rising early and make the most of the month.

Kind regards,

Elizabeth Pattalis

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Welcome

Loved meeting all the newbie's this month!

I had the pleasure of doing boxing sessions with the staff at CHOICE.

Thank you for your great efforts to my new personal training clients: Karley and Kirilly.

We have had some new faces at the outdoor boxing sessions too, Natelle, Fiona and Justine!

And great first group session last week with Dom, Yin, Peta, Anna and Ali..

Refer a Friend

Enjoying your sessions and feeling great afterwards? Help make Inner West Fitness infectious and tell all your friends and family!

Refer a friend program*:

- Refer a friend who pays for 1 personal training session or private group sessions and you receive 2 points
- Refer a friend who pays for 1 group session and you receive 1 point
- Buy a gift voucher for a friend and you receive 1 point
- When you earn 10 points you receive a 1 hour free massage!

Thank you!!!!

Ben: 2 Points

Nerida: 2 Points

Kirilly: 1 Point

Natelle: 1 Point

Drink Water

Do you drink 1.5 litres of water a day? As a rough guide we should aim towards this.

Why water?

1. Water helps with weight loss as it can aid in regulating the appetite. Often you feel hungry when in fact you are just thirsty.
2. Water helps with energy levels, often fatigue can be a sign of dehydration.
3. Water can alleviate and prevent headaches.
4. Water flushes out the toxins in the body.
5. Water reduces bloating and fluid retention. If you don't get enough water your body tries to hang onto the water it has. This causes you to feel bloated.

Tips in increase water:

1. Have a glass of water at each changing point of your day such as upon waking, when you leave the house, when you arrive at work, before you have a meal, etc.
2. Carry a bottle of water everywhere you go. Have it on your work desk, have it when you are in the car, or on the train and where ever else you go. If it's in sight you'll be reminded to have it.
3. At work if you find yourself forgetting, set reminders in your work calendar every hour to drink a glass.
4. Make it a rule you must have at least one glass of water at each meal.

Again Excuses!

Not another one! Your health should be your number one priority.

You need to have a plan. Find your workout time and stick to it. Don't let other things disrupt your schedule. Plan around the times you put in for exercise.

Research shows that by putting things in writing on paper you are more likely to stick to it. So don't start moving it around because things come up because something always does! Be organised and prepared. After a few weeks making exercise appointments you'll find you won't want to change it for anything else at all!

Motivation

You can have anything you want. The only thing that is stopping you is the belief that you can't. You can start believing in yourself by thinking about what you want to achieve daily, not what you want to avoid. You can't climb a mountain if you won't risk a fall.

"I've missed more than 9000 shots in my career.

I've lost almost 300 games.

Twenty six times, I've been trusted to take the game winning shot and missed.

I've failed over and over and over again in my life.

And that is why I succeed."

- Michael Jordan

Timetable News: Boxing Sessions

Saturday: 8 – 9 am

Tuesday: 6.15 – 7.15 pm

Thursday: 9.30 – 10.30 am (women's group)

Location: Halliday Park, Five Dock (Preston Ave)

Cost: \$10 for current personal training clients, \$18 for non clients. Ten visit passes also available for \$150 (expires 12 weeks). Passes can be used at any of the sessions.

If your pass expires please do not ask for extensions, to be fair to everyone this is not possible.

New Classes and Suggestions

I am considering adding some new sessions to the timetable. Nothing will come into effect until March, but at this stage, may add:

Boxing Monday: 9.30 am

If you have something else you would like to see please feel free to suggest. I'm open to any ideas on possible types of sessions, or time slots for classes.

Client of the Month

This one no doubt had to go to you, Ben. Consistently at the boxing sessions each week, on both Saturday and Tuesday while maintaining private group training. I hope you can agree that your efforts really have paid off. Friday was fantastic to see you getting out all those pushups. It's not only your great improvements in fitness that has been great to watch, but also the dedication. I know I'm not going to get from you lame excuses on how you don't have time to exercise. You always make the time. Thank you.

February Offers

Personal Training Consultations

Do you know your weight, body fat % or muscle mass? Do you know if you are drinking enough water? Do you have good muscle endurance and strength? Are you flexible?

If you don't know where you are now, how can you reach your destination??

OFFER:

Consultations and fitness assessments normally \$55, for February check your body composition and fitness levels for \$40.

This is a powerful motivational tool. When you have the results you'll only want to get better.

Boot Camp Starts January 31

6 weeks, 2 sessions per week! \$199.

Great to see you registering for Boot Camp. Only two days to go!

I really am looking forward to seeing the changes over the next 6 weeks. Monday we'll do our fitness testing and by week 6, you will see on paper that you are faster, stronger and leaner!

If you still want to sign up, let me know asap!

Inner West Fitness

0433 442 383

elizabethpattalis@hotmail.com

www.innerwestfitness.com

* Terms and conditions apply.

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