

Winter!

Winter, the season we hibernate and can't get motivated to leave the house. Well that's me! I think it's important to be prepared when it comes to fitness especially in the colder months. Get yourself some workout gear that's going to keep your muscles warm, a hat is great too. Remember the less you think and contemplate the more likely you are to do the workout. Set a time, when the time hits, workout gear on and your there. The moment you give yourself an option, your mind will take it.

I have lots of things coming up. Taking a holiday!! I'll be traveling to the US between July 18 – August 9. Therefore no sessions will be held. I'll update you closer to the date as a reminder.

There will also be changes to timetables on my return in August. Thursday's session will be moved. I am considering an earlier time slot. I will speak to you all individually for feedback. You will see in the timetable news I will have one Sunday session this month. If there is support for it, I may run one each month. Let me know your thoughts.

I apologise for session time changes over the next months. While I love my job, and it honestly isn't work, I'd like to travel and perhaps get some sleep ins! The other reason for changes is that I am going to be studying again, starting with a few days in June and then I start a 12 month course in August, kinesiology. I still plan on doing what I am doing but just adding to my skills and if all goes to plan I'll be able to offer you kinesiology too as another service.

See you all soon. In the meantime please do not hesitate to contact me should you have any questions or for information.

Kind regards,

Elizabeth Pattalis

Inner West Fitness

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Refer a Friend – How it works?

If you like the sessions, please tell your friends and family. Thank you again to all those that have been able to refer friends and to all those that regular come to sessions.

In time I do hope to offer more and more classes/services and can only do that with your support, thank you.

Refer a friend program*: Ends December, get your points tally up!

- 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!

Quote

I change my life when I change my thinking. I am Light. I am Spirit. I am a wonderful, capable being. And it is time for me to acknowledge that I create my own reality with my thoughts. If I want to change my reality, then it is time for me to change my mind. - Louise L. Hay

Swap It!

I really like the government's new campaign, Swap It, Don't Stop It! It's a good reminder that it is all about moderation. Approaching exercise and diet with an all or nothing thinking sets us up to feel bad about ourselves, and when we feel bad, we don't tend to pick up a carrot stick do we? It's just a bad cycle of yoyo dieting with up and down weight, causing more damage than good. You end up losing muscle mass which then decreases your metabolic rate. Adapting a healthier lifestyle is what will give you long term results. Don't cut our things you like always, just swap for not as often.

Choose....

Low fat milk over full fat
 Whole grain over white
 Frozen yogurt over ice cream
 Small dinner plate over large plate
 Green tea or small morning coffee over large coffee
 A lunch time walk with a colleague over sitting in the office
 Stairs over escalator
 Deliver message in person over email
 Bowling over movies
 Getting off the bus a stop early over being dropped off right at your door
 Standing at the bus stop over sitting

Weights Tips

Warm up: increase blood flow and reduce injury risk. Activities should be similar to the exercises you will be doing in the session.

Stretch: stretching between exercises helps maintain the range of motion in the muscles and again reduces chance of injury.

Use good form: keep body balanced and back straight. If standing, feel should be about shoulder width, knees soft. Don't swing the body. If your swinging it's usually a sign you're lifting to heavy. Movements should be smooth rather than jerking.

Breathe: don't hold your breath. Breathe out as you push or pull a weight; breathe in as you lower it.

Support a Good Cause – City to Surf: Aug 14

My lovely client Karley will be embarking the city to surf this year! An inspiration to others, including myself she is in on the road to recovery after having been affected by a neurological condition last year, Brainstem Vasculitis. She went from being a fit healthy paramedic, 28 year old, to having had to fight for her life in a moment of just weeks. Unable to walk and talk only last year, she has come a long way and will finish the City to Surf!!

Please support Karley raise money for neurological conditions. What Karley was affected with, is a one in 10 million condition. Let us help raise awareness and funding for more research.

For more information, please see my facebook page, <http://www.facebook.com/innerwestfitness> or email me, and I'll send you details on how to register for the event, or if you can't come along, how to donate. Hope to see you there!

Reward Yourself

All work and no play, and you'll soon lose motivation. Reward yourself for training hard and eating sensibly.

Ideas:

1. Get a massage, soothe tired muscles, boost circulation and relax!
2. Buy new workout clothes. You'll feel so much better and confident working, it will give your workout a boost.
3. Hire a trainer. Even one session a month with a trainer can motivate you, give you new ideas, and keep you on track to your next monthly appointment.

June Timetable: Outdoor Boxing Sessions

Saturday: 8 – 9 am

Tuesday: 6.15 – 7.15 pm

Thursday: 9.30 – 10.30 am

Location: Halliday Park, Five Dock (Preston Ave)

Session cancellations: Sat 11 June, Tues 14 June, Thursday 30 June

Extra sessions:

Public holiday, Mon 13 June: 8.30 – 9.30 am

Sunday 26 June: 9.30 – 10.15 am (no boxing, circuit based class)

Cost: \$18. Ten visit passes also available for \$160 (expires 12 weeks). *If your pass expires please do not ask for extensions, to be fair to everyone this is not possible.*

Attendance to the sessions requires a booking prior. Bookings can be made via email or phone. Please do let me know if you are coming. If sessions are cancelled due to bad weather I cannot notify you.

Client of the Month

Client of June is Severine! It is such a pleasure and joy to see you each week. You have developed such great strength (I'm sure your boxing partners are nodding their heads). I remember the first session we had, never having boxed before, and wow, your fitness has improved so much in the months that have followed. Your results and improvements have been great! Well done. Thank you so much for your ongoing support and loyalty.

Boot Camp, Last Chance to Book!

No to winter weight!

Keep your body in shape over winter with 5 weeks of boot camp!

When: June 6 - July 6, Mon & Weds, 6 am – 6.45 am (no boot camp on public holiday June 13)

Location: Halliday Park, Preston Ave, Five Dock

Cost: \$169 per person

Early Bird Special:

Book before May 27 and pay only \$149!

Suitable for all fitness levels. Bookings essential.

Introductory Offer to Group Boxing

\$25 for 21 days of unlimited group boxing sessions for new clients.

Personal Training

Thinking about trying personal training? Maybe you would like to buy a gift for a friend?

Purchase 3 x 30 minute sessions for \$100 (all sessions must be used in one week *).

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* Terms and conditions apply.

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