



April Newsletter

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EASTER, ANZAC DAY & SCHOOL HOLS



We are closed from
Fri 14th - Mon 17th April,
and also on Tuesday 25th April.

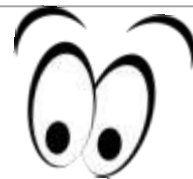
Lets us know if you are going away
 so we can organise your training.



APRIL BIRTHDAYS!

Marc Pezzano	3rd
Laurel Arndt	8th
Noel McKay	9th
Brian Spurrell	12th
Belle Steve	15th
Jan Whitely	15th
Irene Ellis	21st
Carol Chivers	29th

Where is Your Focus?



- Do you even have a focus?
- Are you mindlessly passing each day overwhelmed by your busy schedule?
- Are you constantly thinking “wow this year is going fast”?

STOP NOW, and hit the reset button!

Don't leave it until the cooler weather hits and we just go into winter hibernation but stay on the busy merry-go-round, preferring to wait until next Spring when we think about regeneration again.

Set yourself a goal NOW and be determined to achieve it.

Look at Rachel Waldren and Noel Holman, both set themselves a goal that most would not even contemplate, but hey guess what, **THEY DID IT!**

When everything seems to be rushing past , you can feel like you are struggling to keep up and that there is no spare time to set a fitness goal or think about losing a few kilos. But those who succeed are the ones who take the time to prioritise these goals, however small, and make it a part of their day to fit in the exercise.

Rachel stuck to her training plan, even modifying it after a nasty ankle sprain, to get herself to the start line in New York. Noel had to make adjustments too, making sure he would take his training gear when travelling interstate on business and fitting in an 8-10km walk whilst away.

Setting yourself a **fitness goal gives you FOCUS and a plan.** If you are not sure where to start make sure you have a chat to Jane to look at options.

continued over

Where is Your Focus? (continued...)

If you feel you would benefit from a group scenario let us know, we can help you get a team together for events and target your training for the event. Group events are ALWAYS fun!

Don't keep using the "I'm too tired!" or "I'm too busy!" excuse because they get you nowhere. Can you admit to yourself that it may be "I'm too lazy" or it's just "not that important to me".

But if we are truly honest with ourselves personal achievement is always important, and **we should allow ourselves to be proud of our own achievements. Challenge yourself.** Challenge your current thinking. Amazing things can happen when we dare to step outside our comfort zone.

HUGE CONGRATULATIONS:

Rachel Waldren completed her New York Half Marathon in freezing conditions on Sunday 5th March in a great time of 2.21. Well done Rachel!

Noel Holman took on the amazing 65km challenge in the Cystic Fibrosis walk on Saturday 18th March. Starting at 3am Noel completed his 65km just after 5pm, an amazing effort and commitment to the cause in hot and humid conditions.

Time to Party and have Fun while we Workout!!

DJ - Max Bishop will get the music pumping for a 90 minute SMASH session at the Studio.

Bookings are essential.

Saturday 7.00-8.30am 8th April.

Ph: 9876 6800 - Places limited.



Gift Vouchers For Mum:

30 Minute Personal Training:

5 Pack \$225 or 10 pack \$450
Seniors (65yo+) 5 Pk \$200 or 10 PK \$400

Class Sessions:

5 Pack \$75 or 10 Pack \$150
Ph: 9876 6800 or visit the studio to purchase.



Mother's Day

SUNDAY 14th MAY



Jane and Lauren are up to their 14th consecutive year! So come and join us and help raise money for breast cancer awareness. Let Jane know if you are going.

Visit the [website](http://www.mothersdayclassic.com.au)

www.mothersdayclassic.com.au

Adult - \$40 Early Bird 13/4/17 (\$45 after 13/4)
8km Start 7.15am ~ 4km Start 8.15am

Fitness Energy

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