



# August Newsletter

## DEXA SCAN RESULTS

Well done to the 24 clients who had their body scan on Saturday. We now have some solid data to work with you to improve your health.

For those that missed out we will repeat scans in December.

## CLASSES

Smash45 - Tues 6.30-7.30pm  
7.30-8.30pm  
Thurs 7.30-8.30pm  
Sat 7.00-8.00am

Core & Stretch-Wed 7.30-8.30pm  
Boxing - Sun 9.00-10.00am

**ALL WELCOME**



## AUGUST BIRTHDAYS!

Mike Clarke	3 <sup>rd</sup>
Lauren Kilkenny	4 <sup>th</sup>
Stephen Scott	5 <sup>th</sup>
Karen Ebzery	6 <sup>th</sup>
Ramola Schwartz	6 <sup>th</sup>
Gill Van Der Venne	12 <sup>th</sup>
Claire Hartley	13 <sup>th</sup>
Helen Davidson	16 <sup>th</sup>
David Brooks	17 <sup>th</sup>
Debbie Parkinson	21 <sup>st</sup>
Di Leeder-Kinsella	22 <sup>nd</sup>
Tom Macrokanis	28 <sup>th</sup>

## SPRING BACK INTO SHAPE



### Are your clothes shrinking in your wardrobe?

Have a few nuisance kilograms found you and liked you so much they decided to become attached?

OK it's time to have a reality check so we are running a 12 week program to get you back in control of your body. Our last Winter Weight Loss program was hugely successful but it was back in 2015 so it's time to put some serious accountability back in for a 12 week period. If you follow the program guidelines you will lose weight, we will guarantee it.

The guidelines are simple:

- You must weigh-in at the studio every week.
- You must send us your daily food intake. We will provide simple guidelines to follow.
- You must send us your daily activity, preferably a step count if you have fitbit or similar. If not we can recommend one for you.
- You need to make a dedicated effort to MOVE MORE!

Allowing us to track you for 12 weeks will make you accountable to yourself and us and IT WILL WORK.

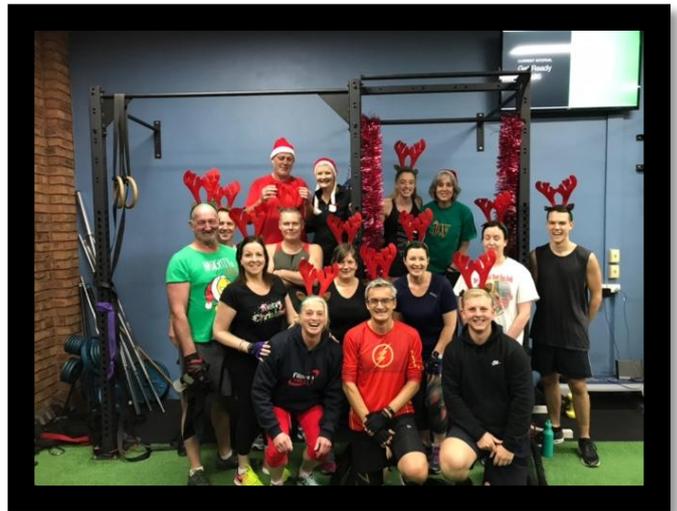
We know you are all busy, but if you allow yourself the extra effort over Spring you will see the results. You don't have to be perfect, just make a commitment to yourself to be better and improve your health. Even if you have a holiday planned or social activities it doesn't mean you cannot get results, it just means you have to prioritize and be active on your holiday and exercise before and after social engagements. For example if you are going out for dinner make sure you get some exercise in the morning or afternoon and then maybe an extra walk the next morning. Small changes can achieve big results!

**Starts Mon 4th Sept - Book Now - Places Limited**  
**For further information speak to your trainer.**



**CONGRATULATIONS HELEN & CHRIS!**

Helen Scott and Chris Potter completed the 30km walk in the Sunshine Coast Coastrek last Friday 28th July. Well done girls!



**Christmas in July SuperSmash**

Last Tuesday 25th July we had a fantastic group of reindeers sweating it out at our **Christmas in July SuperSmash 90 minute class.**

Well done to everyone!

Look out for our next SuperSmash which will be held in September.



**SUPERSTAR PARA ATHLETES**

Team Australia has just collected 29 medals at the IAAF World Para Athletics Championships in London and finished 5th on the medal tally. A stand out performance by James Turner (21) who won **3 Gold medals** in the 200m, 400m and 800m (T36).

**Local hero Jaryd Clifford**, who is the nephew of our clients Ann & Michael Noonan, **collected a bronze medal in the (T13) 1500m.**

We have an amazing team of incredibly talented athletes who achieved **11 Gold, 9 Silver and 8 Bronze medals.**

The commitment and dedication of these champions should be celebrated by Australia.



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