



Fit 4 Life Health Clubs

August 2010

BILL'S MONTHLY HEALTH ADVICE..

GETTING FIT FAST

The one problem people face when it comes to getting physically fit is how long it takes to achieve any noticeable results. People want to see results as soon as possible because it makes them feel like they are getting something accomplished. If you put in a lot of hard work and do not see any visible results within a short time frame you will end up getting discouraged. When People get discouraged this is when they quit trying to get physically fit, which can end up having disastrous effects on your mind and body.

If you are thinking about getting physically fit, the one thing you should know is that you are not going to see any kind of results over night. The reason for this is that in order to get into good physical shape you are going to have to put in some hard work. How long it takes you to see results though is going to depend on how unfit you were before you started trying to get physically fit. It is also going to depend on what you try to do to get physically fit.

One thing that you can do to get physically fit fast is to WORKOUT at least five times per week. When working out five times per week all you need to do is some form of exercise because regular exercise is going to help you look and feel your best. When it comes to exercising you will want to do aerobic, anaerobic and flexibility exercises at least twice per week. The more you exercise the more calories you are going to burn, but exercising will also help you feel good and have more energy.

Bill Comblas

Who Else would like 6 Months free...

Laurie Rhule referred 6 friends to Fit 4 Life. For every referral you will receive one month free and you could be just like Laurie and have extra time added to your membership. All our clients deserve a great thanks for graciously referring us to family, friends and neighbours. We build our business based on positive referrals from people just like you. Thank youThank you.... Thank you....

Bills Words of Wisdom

Nothing in the world can take the place of Persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and Determination alone are omnipotent. The slogan 'press on' has solved and always will solve the problems of the human race.



GENERAL REMINDERS:

Want a friend or family member to try out the gym?

If you want a friend or family member to come down and try out the gym, just contact Bill on 54374602 to organise a time. REMEMBER; for every person you refer to the club and they join you GET 1 MONTH FREE!!!!

Pin Numbers:

When you come to the gym no matter what time, please make sure that you put your pin number in. The Pad is located at front desk if you do not know your pin number please call Gwen on 54374602.

Towels:

When you come to the gym please always make sure you bring a towel and that you use it on the equipment.

Feed Back:

We are always looking to make the gym better. So please if you have any feedback or ideas for improvements around the gym. Please email Gwen at admin@fit4lifecaloundra.com.au

Friday Night Drinks:

Will now be held on the 1st Friday of every month. Our next Friday night drinks will be held on 6th August'10. Please come along and meet some of the new members and not so new members that have joined our club.

At the Restaurant bar between 5pm and 7pm.

Discounted drinks and hot finger food provided.

GROUP CLASSES UPDATE:

New Classes

Zumba - Tuesday 10.30am with Casey

Fit Step - Thursday 10.30am with Gwen

Renovations

Renovations are now complete please bring your friends, family, colleagues in so you can show off your club.

We are excited to announce the Group fitness room is now complete with the reduced impact flooring being laid and will be used as from 2nd August.

We have added a spin room and extra strength room, walls have been moved creating a larger gym space, there is more cardio equipment, and strength equipment.

We would like to thank everyone for their patience during this time.

GET TO KNOW..



GWEN STEWART: Hi, I have over 25 years experience in the health and fitness industry. I am also a mother, a dog owner, nature lover, learner swimmer and currently working on overcoming my fears of the ocean to master the skills of outriggering as I compete in the sport. This year I won silver in the Masters 10K short course at Noosa.

I relocated here from Melbourne in 2009 where I owned and managed a successful Personal Training studio in Prahran for 14 years. I lead a team of 12 trainers with over 150 clients specialising in holistic weight loss. Qualified Master Personal trainer and certified fat loss and weight management coach and author of Shape

Up Eat Smart. I trained with Dr Gary Eggar and Dietician Mat O'Neill. I continue to further my education to gain latest developments and research into this area. In 2006 I completed a course with Paul Chek a holistic practitioner of the Chek institute based in California to further my knowledge in the area of metabolic typing.

On arriving on the coast Fountainhead Health Retreat in Maleny appointed me to lead and expand their fitness program and develop a wellness and weight loss program. My skills are in business development and I'm looking forward to my next exciting venture, launching a fitness and weight loss retreat with Bill at the Crowne Plaze Resort and Fit 4 Life Health Clubs. I look forward to getting to know you as you enter the club as you will find me at the front desk Mon to Fri.

Hobbies outriggering, tennis, cycling, hiking, swimming, and spending time with my cute little dog Sofi.

Are you ready to challenge your strength!!!

What will challenging your strength involve?

Complete a two phase hypertrophy (Size training) and strength program to get

MASSIVE and PUMP THE IRON BOYS!

You will be assessed on your ability to complete maximal weight in four lifts.

Ultimate goal to be classed Fit 4 Life's strongest person.

If you seek the training to get **MASSIVE** this is the challenge for you.

Express your interest and register at the front desk or speak to Hayden for more informa-



NUTRITION:

Eating the right foods is a huge part of achieving your goals. Nutritional advice is offered at Fit 4 Life Health Clubs. If you would like to book an appointment time or you want more information please contact Gwen on 54374602 or at front reception.



SPORTS MASSAGE:

Sports massage is a type of massage that is specifically tailored to sporting injuries or ailments. It is not meant to be a relaxing massage and, indeed, can become quite vigorous at times.

If you would like to know more about the massage that Fit 4 Life Health Clubs offers or to book an appointment, please contact reception on 54374602.

PERSONAL TRAINING...



Who Else wants to feel this Good about their results!!

My work as a masseur means I need to keep FIT! I am delighted with the results of having a personal trainer to help achieve my goals.

I had done solo fitness and gym for many years, with less than exciting results, but I have seen more results in the past two years with Hayden as my personal trainer than in the previous ten years doing it solo.

I lost 3% body fat, gained 10cm on the chest, reduced the waist by 10cm - from 100cm to 89 – and added four cm to the biceps – all great results for a man at age 58, when most men are getting flabby. I've got great energy and plenty of puff, instead of being short of breath and having high blood pressure. What more could I ask for?

8 Week Challenge results.

Heath: Lost 12..5 Kilos and 15cm from the Gut

Jodie: Lost 7 Kilos and total 32 cm from her body

Working with a Personal Trainer will fast track your results GUARANTEED.

Call us today to make an appointment for a free consultation to discuss how we can help you.

Thank you to our sponsors

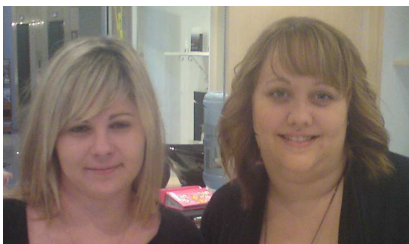
The Camac Clinic,
Rebel Sport Sunshine Plaza
The Body Shop Sunshine Plaza

PERSONAL TRAINING SPECIALS SAVE \$\$\$\$\$

30min - \$45	5pack on special = 175
	10 pack on special = 350
45min - \$55	5pack on special = 225
	10 pack on special = 450
60min - \$65	5pack on special = 275
	10 pack on special = 550

First 10 people to book with get one free Personal Training session

Need a new Doo!!!



Sam and Kim at Fit 4 Life Hair & Beauty Salon are fast building a reputation for their styling and creative colouring. Don't take our word for it here's what their clients are saying.

I am LOVING my hair cut thank you! I am happy to have finally found a hair-dresser with knowledge and who is passionate about what they do. This is hands down the best hair cut I've ever had, it has movement and even looks good without styling. The colour suits my skin tone so much more than what I

had before. Thank you Mel.

Sam and Kim have over 18 years experience between them. Regularly updating their skills with many cutting and colouring courses. Sam's latest course was advanced colouring with one of Australia's best colourists. She also attends hair shows and competitions to keep up with the latest trends.

Kim's advance training from award winning stylists and colourists gives her the expertise in precision cutting and creative colouring techniques.

Sam & Kim are offering a free wash and blow wave or wash and hot iron to all our members who have not yet had the pleasure of using our Hair & Beauty Salon. Please phone 5439 7009 today to book your complimentary service.