

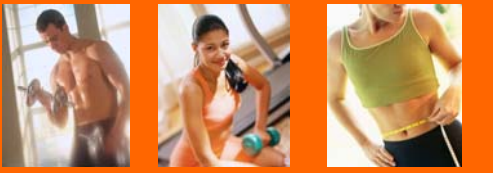
GOODLIFE 12 WEEK CHALLENGE

FREE PT TOWEL VALUED AT \$35.00

FREE Food & Exercise Journal

Exclusive to Sarah—Bi Weekly Goal Challenges with prizes

Join the 12 week challenge with me and I will throw in an exclusive 'I PT with Sarah' towel valued at \$35.00—limited offer. Don't feel you have to go it alone you will also have the opportunity to meet with other entrants signed up with me so you can share cheers and challenges or just commit to meet and workout together.



I guarantee you the challenge will get you the results you are looking for. If you have been struggling to achieve your goals then make the most of this great opportunity.

Included.....

- Automatic entry into the rewards program offering great prizes.
- Measurements and before and after photo's.
- Half way BBQ
- Awards dinner (awesome night out!)
- 5- information seminars including nutrition and motivation.
- 5 group fitness session

We all have our different reasons for doing the 12 Week Challenge, but for me it was 3 fold.

1. Nutrition seminars were fabulous—it was like the "light turned on" for me as regards being able to determine what product was better than the other and why.
2. I got to do it with other people, sure. But the upside for me was doing it with Sarah's other clients. We have formed some great friendships and their support was invaluable..
3. Sarah was there supporting me every step of the way—as she always is. Thanks Sarah! I don't know what I would do without your never-ending commitment.

STARTS SATURDAY 22 AUGUST

Participants must have at least one Personal Training session per week. Registration forms are to be completed at reception. See me for more details...



**CONGRATULATIONS
PARK2PARK
RUNNING GROUP**



'The 2009 running group created a group setting where individual goals could be achieved under the outstanding leadership of Sarah. The friendships established, encouragement given and camaraderie enjoyed made the running group one of the most delightful experiences ever. Personally I could not have achieved my goal for the Park to Park 2009 without this group. I am so thankful to Sarah and also to everyone in the group – a tremendous experience!' Mark Edwards

**A thought for you.....
'A person without a goal
is like a boat without a
rudder....A goal without
a time limit is just a
dream'**

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SHAW FITNESS

Recipe of the Month



Asian baked Salmon—2 adults

2 x Salmon Tails

- Rub with a mixture of ginger, sesame oil, salt, pepper and teriyaki sauce
- Lay one piece of the salmon flat and cover with spinach leaves, place the 2nd piece on top
- Thread a large skewer through the 2 pieces
- Quickly sear both sides in the fry pan
- Bake for 10-12 minutes
- Cut in half and serve with salad

Thanks Rob Dargusch I cooked this salmon on Saturday and it was amazing! P.s. I had to fight Oscar for the leftovers lol! He is 3!!!!

**FIT
KIDS**

**STARTS 6
AUGUST!**



I have been working with The Natural Way for over 2 years helping people achieve their weight loss and fitness goals. The time has come that I offer this to you. The Natural Way is simply that, Natural, it will help balance hormones, stress, and compounds within the body through natural supplements. There are a variety of packs available..PMT, Stress, Menopause, Arthritis, Weight Loss. The eating plans are about eating real food and that's what I like about it! No quick fixes, meal replacements or fad concepts simply real food the natural way. I personally used the Natural Way process to lose the last 5 kilo's of baby weight that I was struggling with. Not only did I lose 6.6kg and 44 cm I did it in 8 weeks and I maintained the loss! Shock horror! Not really The Natural Way concept teaches you maintenance. Over the past years I have incorporated components of the Natural Way plan.... But now I bring you the whole package! See me for more details....It is as simple as this, if you want to lose weight and you are struggling I can help!

BOOT CAMP

Support Carers of children with cancer and join a fun filled action packed Charity Boot Camp

Adults & Children ages 8 and over
Saturday 15th August 2009 10.30am
Timothy Moloney Oval (Opposite St. Mary's Church Ipswich)
\$30 per person— tax deductible

More information, registration forms or donations

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NEWS EXPRESS
Riverlink



This months Fit Tip CHANGE! The definition of insanity is to do the same thing over and over again but expect a different result. Your routine should be to walk through the doors at the gym, from there, do something different. Do your weights workout in the reverse order, try a different class, lash out and walk on a hill on the treadmill!