



'Focus on Fitness' this winter & achieve your goal. If you are worried about the 'winter spread' then you will love Focus Group

Inclusions:

- Attend 5 out of 6 training sessions inc. fitness testing
- 3 Fit Facts sheets to boost your workouts
- Food & Exercise Journal
- Park to Park registration included
- Boot Camp Registration included
- Winter Focus Group t-shirt & hat
- Prize for the most focused

"Focus Group was a great kick start to good health and fitness. The knowledge and personal experience Sarah shared with us, gave us such inspiration. She made us feel strong and capable and never judged our weaknesses thank you Sarah..Krissy



Park to Park—Running Group



Look out Park to Park participants here comes the Focus on Fitness Running Group! I know a lot

of you were unable to make it on Saturday but don't worry you will get another chance to check out the course at the next Running Group Session. The crew did a fantastic effort, the improvement from everyone has been amazing and don't we look the part!!! **A big thanks to Nat and James for helping us with our motivation woohooo!!!!!!**

Your investment...

\$139.00—New Participants

\$120—Past participants

See Sarah for activity dates & times or check out the notice board or website



12 WEEK CHALLENGE

Congratulations to the 12 week challenge participants—great effort!

FUN RUNS

Congratulations to Shan Brown, Janelle Wilson and Maria Portas

- 32 mins and 18 secs—woohoo Shan—First 5km fun run, did you say you were doing the 8km next time!?
- 2hr 20 min—Nice Job Janelle—First half Marathon
- 30 mins 4 secs—Great time Maria—5 km

A big thank you to NuGrow for sponsoring our shirts and hats, your support is greatly appreciated.thank you

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SHAW FITNESS

Focus on Nutrition



The Perfect Breakfast

Are you struggling to find a breakfast that is healthy and satisfying? Are you wanting to add more protein into your diet? Then you will love this recipe!

30g rolled oats (Add hot water and wait until cool)

Add serve of protein powder and mix well

Add a sprinkle of Carmens toasted Muesli

Add dessert spoon of any Nestle no fat yoghurt

Eat straight away or cover and refrigerate over night.

You have a yummy low fat, healthy satisfying breakfast—
Enjoy! Total Carbs: 36g Protein: 28.5g Fat 4.4g

Junk Food—Did you know?

Junk food has no nutritional value! On a cellular level you are not fueling your body, it is still 'hungry'. You are fueling your fat store with no fulfillment. So basically you are starving yourself but feeding the fat store!

This is the same for processed foods. You are feeding your body empty calories.

Not only are you 'starving' yourself you are playing havoc with your insulin production which is a sure fire way of not losing weight!

Enjoy a relaxing coffee and fruit platter Wednesday. Relax and unwind with a fitness enthusiasts. Mums what a great way collect the kids from Chilmingding..you cuppa with you when I finish at 10.15on



in the members lounge every Monday and coffee and a chat with other like minded fit-to recharge after your workout before you deserve it! I will certainly be enjoying a Monday—see you there.



Fit Bits

Sushi



I am not saying it's good or bad. Just giving you the data so you can make an informed decision. Yes it's better than Macca's but not as good as a home packed lunch.

Teriyaki Chicken 171 cal % from fat 14, % from Carbs 74, % from protein 12

Avocado Chicken 191 cal % from fat 21, % from Carbs 70, % from protein 9

Slim & Tone... A phrase that is continually thrown around by weight loss enthusiasts is **'I will lose the weight then I will tone up'** Aaaaahhhh Please it is so important to lose and tone at the same time otherwise you are guaranteed to be left with floppy skin that cannot be toned! Combine cardio and strength into your weekly exercise program. With some supersets or circuit style exercises.....

Not sure how to? Book in for a session with me and I will set you a program with weekly targets and goals. Rebook only when you feel you need a change or you feel you have hit a plateau. Fortnightly or monthly is recommended if you are going to train on your own..... **Work smarter not harder!**

FIT KIDS

TERM 3 Stay tuned for dates



Upcoming Events.....

**Clear Day Charity Boot Camp
Sat 15 August—10.30am**



Support 'Clear Day' Charity with this fantastic fitness session with your trainers Sarah, Rob & Nathan. If you can't join us go to www.shawfitness.com.au to make a donation.

Clear day is a charity set up to support the carer's of children with cancer.