



YOU ASKED FOR IT!!! 3 WEEK EASTER FOCUS GROUP

A number of you have asked if there was going to be an Easter Focus Group, my plan was to wait until winter. But.....If you want it you got it! I know Easter can be tough for some of you, I won't be touching a Lindt bunny after researching Easter calorie stats! (see below) There have also been many requests to do some follow up on nutrition and label reading so we will incorporate that into the Easter Focus Group.

If you are wanting to learn more about nutrition and label reading then you will love the first session. If you are looking for variety or would just like some support then this is the group for you.

Session 1 Monday 6 April 4.30– 6.30pm

- Nutrition Labels, How much fat, carb, sugar, sodium is too much. What does lite, low fat and reduced fat mean
- Off to the supermarket to compare some of your favourite products
- Regroup and discuss nutrition and the changes we are going to make

Session 2 Friday 17 April 9.45—11.15am

- Lets recap on our nutrition labels and share what we have learnt about healthy choices with the group
- Group Fitness session—lets burn some calories!!!!

Session 3 Monday 20 April 4.30pm –6.00pm

- Group Fitness session
- Compare notes and assess our goals for the coming weeks.

BRING A FRIEND TO THE FOCUS GROUP AND SAVE!

1/2 PRICE

Introduce a friend to our Focus Group (someone who did not attend the Christmas Focus Group) and the second person will only pay half price which means you will only pay \$33.75 each!



Your Easter Focus Group Includes.....

**3 sessions—total of 5 hours with a qualified trainer—yours truly :)
In Health book with great tips
and recipes by Dr Tim Crowe**

**Total investment—\$45 per person
Great Value!**



I know you love to hate this section of the newsletter and you are not going to enjoy hearing the stats about your favourite Easter treats but lets be honest it is a time of year we do indulge, just choose wisely and if you do eat an Easter Egg sit and enjoy it don't scoff it with guilt and remorse...

Hot Cross Bun—250cal 22 mins cycle or 1 hour gardening

Lindt Gold Milk Bunny a whopping 1086cal 5 1/2 hours cleaning, 2 hours walk at 8km ph or 3 1/2 hours of dancing!

Medium Bunny 425cal 48mins pump or 38 mins sculpt

Mini Caramel 120cal 9 mins skipping fast or 30mins light weights

I have expanded this section in the newsletter this month because there has been a lot of talk lately regarding food and especially calories. With the great workouts you are doing :) you need to make sure you are eating correctly. If you don't fuel your body then your metabolism slows down and the body will store to protect. Eat and you will lose weight, crazy as it sounds but it is like a fire, without wood the fire won't burn, your body is the same.

More calorie news...

Tuna Salad no fats (i.e. dressing, cheese) 280cal

Ham and Salad multigrain sandwich 227cal, with cheese 332cal with cheese and mayo 426cal

Musashi 92 blend protein shake 80% water 20% skim milk 150cals

14 Almonds 100cal

Regular Muffin @ muffin break 381 cals 34 mins Body Attack

Peanut Butter Sandwich on multigrain 364cal 30 mins Body Attack

Regular skim Cap with no sugar 93 cal 8 min cycle class

Regular skim Caramel Latte 177cal 23 mins X-Trainer

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SHAW FITNESS

MEN KIDS

THE THINGS THEY SAY! Share your 'mere male' and children's world comments with us!

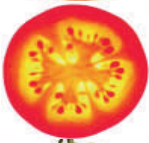
A very wise male told me recently if you let the ice cream sit for a few minutes all of the calories and fat melt away!

Out of the mouths of babes! Barney (as in barney the dinosaur!) has been eating too many chips and lollies and should come and see you at work mummy for some exercises!

God's Pharmacy! Amazing!



A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopenine and are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak.



Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit.



Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of sperm as well to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Oranges, Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.

GOODLIFE 12 WEEK CHALLENGE

Congrats to those who have taken the plunge and joined the 12 week challenge.

Remember that I am here every step of the way to help you achieve your goal. You can also get support from each other. Head to www.phpbbplanet.com/shawfitness/ all of my 12 week challenge team can share tips, cheers and challenges as we count down the weeks.

If nothing changes, nothing changes, If you want big changes, then make big changes!



Testimonials

Sarah is one of the most dedicated people I know in the industry. Always supportive and full of great ideas for goal setting. My background is with martial arts and as an instructor I found her motivation and drive truly inspiring. With her support I was encouraged to study to be a personal trainer and will always refer to her as the one person who had the most impact on my life in the fitness industry. Thanks and well done Sarah!!Gail Fitzgerald

Sarah turned my life around, I know that sounds melodramatic but it's true! With 2 young children and suffering PND sarah helped me one step at a time to focus on a balanced life that included 'me' on the to do list! I have a happy home now because I am a happy mum achieving my goal to be a yummy mummy lol..Erica