



# January Newsletter

January 2011

**Absolute Fitness Manly**  
3 / 410 Pittwater Road North Manly 2100

**Phone:** 9938 6530      **Email:** [louise@absolutefitnessmanly.com.au](mailto:louise@absolutefitnessmanly.com.au)  
**Fax:** 9938 6540      **Website:** [www.absolutefitnessmanly.com.au](http://www.absolutefitnessmanly.com.au)



## What's Been Happening??

Happy new year, everyone. Having just returned from Big White Canada, it is wonderful to see the sun shining, and feeling the long beautiful hot days. While much of Australia was being inundated with rain, we had many a day at minus 15 to minus 20. It was very cold, but fabulous snow, and great fun. Meanwhile, wonderful news, little baby Mateus was born on 21 December, with no dramas. A beautiful son for Luiz and Anna, and a playmate and brother for Lucas. Congratulations. Jay and his family had a break up the coast at Crescent Head with friends. We hear his surfing skills are still developing!!! Petra took a break down the south coast wakeboarding, running and riding. Benny is still recovering! Louise said she did nothing ?????? I think this is not possible ..... While Dan is on holidays, we welcome a new trainer to our team, Al Wilson. Yes, we have recruited another Englishman !!! Now they have won the ashes (again), they are taking over Manly. To add to this, we have just heard today, that Olly is returning very soon. The baby faced assassin is looking forward to reuniting with his long suffering clients !! We are delighted to welcome him back to AFM. Our 2011 team of trainers is awesome. Luiz, Petra, Jay, Dan, Olly and Al. A good mix of highly qualified trainers. We extend a big, warm and friendly welcome to our new clients. We look forward to helping you achieve your health and fitness goals, and also, have a laugh along the way. With the floods all over Australia causing such destruction and sadness, Manly is truly a great place to live. Enjoy.

*"Goals: There's no telling what you can do when you get inspired by them. There's no telling what you can do when you believe in them. There's no telling what will happen when you act upon them."*

**Jim Rohn**

## It's our 2nd Birthday...

# Come and join us



**Absolute Fitness Manly celebrates it's 2nd Birthday on Friday 11th February 2011 at 6pm**

We are introducing a new **pump class** ...Come join in the fun, sweat with us for an hour and have some nibbles and drinks straight afterwards.

RSVP : Louise asap. for catering purposes.

## It's the year for Challenges.

We want to make this year fun and exciting for all our clients and so have decided that as a team we would like to offer various fitness challenges throughout the year.

These will be organised by a trainer who will provide specific training sessions pertinent to their particular event...be it a bike ride, a fun run, a 100km walk, the city to surf, a ski weekend or a triathlon etc.

### Challenge 1. Sun Run and Cole Classic.....(Trainer- Luiz)

Dear Clients,

I hope everyone had a great Xmas and New Year celebrations. I'm here to invite you all for a very exiting weekend ahead: Saturday 5th February and Sunday 6th February.

**Saturday 5th Feb:** Sun Run, 7km Running, from Dee Why to Manly. Its a new race, more info [www.sunrun.com.au](http://www.sunrun.com.au)

**Sunday 6th Feb:** Cole Classic, 1km or 2km swim, from Shelly to Manly beach. More info at [www.coleclassic.com.au](http://www.coleclassic.com.au)

**Sun Run:** If this is your first ever fun run , it's an easy run with only one hill, from DY to North Curlly, early morning, so not too hot. Good for any runner, for first time runner, or someone keen to try City to Surf, plus the scenery is gorgeous. I'm in.

**Cole Classic Swim:** I've done this twice before and I loved it. It's the biggest ocean swim in Australia, very very very well organised, protected from wind and big swell (if big surf the race will start and finish at Shelly beach), the scenery is just perfect and the 1km swim is pretty easy, good for beginners. I'm in.

OK, I just did my registration for both events \$49 for 2km swim and \$39 for the 7km run, and some of my clients will run, swim or both.

So, my genius idea: *LETS ALL DO IT !!!!* and have a get together after!!!

I will book a restaurant at Manly, (any suggestions welcome), and we can share a nice meal, (maybe some grog) and share our race experience as well, will be awesome!!!

YES, of course, the "get together" will happen Saturday after the run and again on Sunday after the swim, WHEEE.

More info about it at the Gym.

### Challenge 2. Nissan BRW Triathlon.....(Trainer- Petra)

Do you want to try something new?

Do you need a training goal?

Do you need a new Challenge?

We dare you!!

The most scenic triathlon in Australia!! Check it out:

<http://www.supersprint.com.au/events/nissanbrw-corporate-triathlon-national-series-2011/sydney.aspx>

**When:** Sunday 3rd April, 2011, at 7:15 am

**Where:** Mrs Macquarie's Point, Botanic Gardens

**How far:** Swim 400m, ride 8km, run 4km

**Who:** Anyone who is up for the Challenge!

I've planned a 12 week program full of adventure. Some of you will learn completely new skills; some of you will improve your existing skills. It will be fun, it might be painful, but it will be definitely something you'll never forget. You will be able to complete a sprint triathlon at the end of this program and you will feel invincible, at least for the moment.

Training sessions will be every Saturday at 7am. Each session takes about 2hrs. You will receive a weekly email with training tips and motivation.

Please, let us know if you are up to this new challenge. If you want to do the training, but you can't participate in the race, come along anyway.

THE ROLLERCOASTER RIDE STARTS COME AND JOIN IN AND ENJOY THE RIDE!

## Our 10 Tips to kick start the New Year.

1. As the weather is really hot and humid you must drink plenty of water, if you are thirsty, drink water. Keep a bottle of water with you at all times.
2. Now that the festive season is over try to avoid alcoholic drinks.
3. Get back into your normal sleep patterns avoid too many late nights.
4. Set yourself realistic and achievable goals. Make sure you act upon achieving your goals do not wait any longer.
5. In the warm weather avoid big, heavy meals, choose light, easy to digest foods.
6. Choose a time to exercise....avoid exercising outdoors in the hottest part of the day.
7. Go for a swim...the water is good , the weather is nice, and it is an awesome form of exercise.
8. Take the dog for a walk or play with the kids in the park....just be active.
9. Stretch. The weather is warm muscles are warm .... it is much easier to stretch.
10. Have fun!!!! Don't be afraid try new things....paddle board, kayaking, triathlons, rock climbing oztag, mountain biking, the list goes on.....

### DECEMBER WINNER

Congratulations Amy Roche we are certain you will enjoy your wonderful massage with Kate Metcalfe at Anan Cara in Freshwater.



Don't forget each time you come in to train at the studio you need to put a ticket with your name on it into the glass bowl that is situated on the front counter you could be our next winner.

Good Luck!!!!

### Gym Ski Weekend

We are organising a ski weekend for our clients in late July or early August this year. We already have 6 skiers ready to go!

If you are interested please let Louise know asap so we can book transport and accommodation.

It will be awesome fun.....come along!



### A Little Message from Petra.....

Absolute fitness Manly has just signed up for BRW/Nissan corporate triathlon . There is no way back now and I am excited to be part of the training and race itself. Just wanted to remind all of you out there that we are not a closed company; on the contrary we welcome everybody, regardless of fitness level or triathlon experience, in our training group! So if you want to train with us but you are not brave enough to face the triathlon yet, come along anyway. If you are always wondering what those training sessions are about and you would like to find out, come and join in. Or if you just want to be outside, have fun and improve your riding, running or swimming skills, come with us! Pay a casual rate of \$25 dollars prior to the session and come and see. All sessions are on Saturday morning at 7am—9am approximately and the location varies according to the activity we plan to do.

### Veggie Dip Recipe

*In a food processor place:*

- 2 avocados
- A few handfuls of baby spinach leaves
- A drizzle of cold-pressed olive oil
- Sea salt and pepper
- A Bunch of parsley
- A little mint
- Juice from 3 limes

*Process until smooth.*

*Serve with vegetable crudités.*

*Yum yum.... And it's Full of antioxidants and fibre.*

