

Pink Triathlon Update....

Well we did it! After months of training we all successfully completed the Pink Triathlon. Thanks Petra we were well and truly prepared and we smashed it! Our day started at 5.30am and we travelled in convoy to Homebush Bay. Once we registered we put all our bits and pieces in the transition area and then off we went to the pool to begin our event. After our 300m swim we ran to the transition area and jumped on our bikes for our 9km bike ride. This proved to be very challenging as we were riding in gale force winds and were literally being blown all over the place. At the end of our ride we dumped our bikes back in the transition area and off we went on our 3km run. This too was a challenge due to the wind. The sun was shining but it just happened to be the coldest October day in thirty something years....lucky us!!!!

We all 'out did' ourselves with times that would make you all proud.....we really did push it and the joy at crossing that finishing line was unbelievable....

To Petra, Amy R, Amy E, Julie H, Deb F, Karen U, oh...and myself, Louise S

Hey Pinkies we did it!

Congratulationswe can't wait til next year.... Yes even me.....minus Glandular Fever !!!!!



Absolute Fitness Manly... Social Day

With all that has been happening here at the gym, we haven't been able to organise our Mini Commonwealth Games Day. We do apologise but with Louise being sick with Glandular Fever, staff changes and holidays it has been extremely difficult to finalise thingssorry. We will have to put this on hold now until the New Year.....so don't dismay ...it will happen.

We are however planning a Christmas Social Event for Saturday Morning 18th December at Manly Dam.

We will have some kind of physical challenge, games, activity etc that will be open to all our clients and we will follow it with a breakfast BBQ. If we do it early in the morning you can get your daily exercise in, followed by a healthy breakfast.....and you still have the rest of the day to go about your pre-Christmas events. This will be a great way to finish off our year together.

We do hope you can join us so put **Saturday 18th December** in your diary.

Our trainers are busy finalising the activity and we will let you know in a couple of weeks what we will be doing!



Don't Overdo it....

Your body undergoes the changes that give you results when at rest. If you overtrain, your body will never get the chance to move forward.

The Equation is Simple...

Great attitude = great results

Bad attitude = bad results

No attitude = no results.....it is up to YOU!