



Welcome to the first Runaway Brides newsletter for 2011!

It's hard to believe that a New Year has commenced and 2010 is a distant memory. With it brings New Year's resolutions that we vow to keep this time. This year you will learn a new hobby, you will quit your job to embark on a dream, and you will start that fitness regime you have always wanted to achieve. It's wonderful that you are all making these resolutions but is anyone actually sticking to them?? Aren't they the same resolutions to last year but you are yet to complete that triathlon or even the local fun run?

Make this year different! Make that resolution and actually stick to it. Don't make it too elaborate – remember short, term achievable goals are the key to success. And don't forget if fitness and weight loss is your resolution then we are only too happy to assist you in succeeding.

HAPPY NEW YEAR TO ALL & ALL THE VERY BEST FOR AN AWESOME 2011!

Yours always in health, happiness & fitness,

-The Team at Runaway Brides-

Can Carbohydrates Be Good For Us?

YES THEY ARE! Low carbohydrate diets are popular for weight loss however they can be dangerous to our health and not produce the results we crave. In our haste to lose weight we forget that carbohydrates are the only fuel source for many vital organs, including the brain, central nervous system and kidneys.

So why should we include carbohydrates in our diet?

1. Many low carb diets have a high fat content and restrict fruit, vegetables and high fibre breads and cereals. We all know these foods are good for us.
2. You gain weight from consuming too many calories, not by eating good carbs in moderation.
3. Weight loss needs to be done in a healthy manner by having a diet high in fruits and vegetables, whole grains, legumes and low fat dairy products.
4. There are many short term side effects of a low-carb diet such as nausea, dizziness, constipation, lethargy, dehydration, bad breath and loss of appetite.
5. There are many long term side affects also such as high cholesterol, increased risk of developing gout and gall bladder colic, liver problems and loss of bone mineral content.

ULTIMATELY to avoid gaining weight energy intake should be less than energy output over a period of time. Avoiding large portion sizes of a well varied diet will help keep energy intake in check. Add regular physical activity and you will get results. And remember you are more likely to stick to a healthy diet if you don't restrict yourself and just have everything in moderation.

Bride of the Month

Thank you to the team at Runaway Brides. I needed some additional motivation on the lead up to my wedding to lose the weight I had slowly gained since having my two sons, and Runaway Brides was the perfect answer. Due to the kids and work commitments I was only able to train one day per week, but the difference it made was amazing. The combination of motivational support and the actual exercise really helped me focus and reach my goal for the wedding. I love the outdoor venues, and every session is different... making it easy to keep motivated and not get bored. Thank you girls – I couldn't be happier... and the weight will stay off and the exercise will continue!

~ Kristie Tregoning ~



Kristie Before



Kristie After

Fitness Tips for Beginners



Christmas has come and gone and those excess kilos are making you feel guilty. You find it hard to climb a set of stairs and know that you are too young to be feeling so old. You know you want to make some changes but you “hate” structured exercise and find the prospect of joining a gym or a group quite daunting. ***So how can you lose weight, get in shape but have fun at the same time?***

Consider these 5 “fun” fitness tips:

1. ***When that friend suggests meeting for coffee and cake suggest doing something active instead.*** Combine meeting up with friends with exercise such as a nice coastal walk, a bike ride or even a swim culminating in a coffee at the end (no cake though!). This combines fun and exercise!
2. ***Hit the local park with the kids (or your friends!).*** Get the kids away from the TV or relive old times with friends and take the cricket set or soccer ball to the local park. Watch the calories burn as you all have fun as well as spending quality time together.
3. ***Go to the beach!*** We have the greatest gym in the world right on our door step. Take a boogie board, some beach games, walk bare foot along the sand and you’ll soon be burning calories without even knowing it.
4. ***Go dancing with some friends.*** Yes hit the local pub or club and dance the night away! Not only is this a great way to get fit, you exercise without realising it. Just know your limits with alcohol – drinking too much, too often, definitely leads to weight gain.
5. ***Shopping!*** Sale season is upon us so what better way to burn calories than to reward yourself with some retail therapy. Use a pedometer and cruise those shops top to bottom. Even walk to your local centre or park some distance away. You will be surprised with what results you see!

The key is to keep moving. The more you move the more you burn and you’ll soon be experiencing a new feeling of confidence not to mention a small waistline!

Make 2011 the Year of Incidental Exercise!

Incidental exercise is how we can burn calories simply by doing fun (or not so fun!), daily activities. Best of all it can be done in little bits throughout the day. It should become a priority for those looking to lose weight but reluctant to join a gym or run 10kms. Such daily activity can be the difference between being overweight or not. Engaging in more incidental activity can help to boost your daily energy expenditure and keep your metabolism going. Therefore exercise doesn’t have to be vigorous to get results. Some of the world’s best bodies have been achieved by undertaking fun activities such as surfing or rollerblading. You are working out without even knowing it!

If you are currently doing no exercise at all or looking at just starting out then focusing on incidental exercise is a great place to begin! If you don’t get excited or motivated by structured activity then just do those activities that are part of your daily life but do them more often, for longer or more intensely. Exercise doesn’t have to take as long as you think!



Some great examples include:

- Take the stairs instead of the lift.
- Get off the bus 2 or more stops away from home & walk the rest of the way.
- Ride to the shops instead of drive.
- Do all your house work in a certain time –say one hour & go for it.
- Park away from the shop & stop searching for the closest parking bay!
- Get out into the garden – you will use muscles you never knew existed!
- Don’t email your colleague – walk to their desk. It all adds up.
- Be active while watching TV – do some sit ups or use that rusty treadmill.

What's New?!

New Year Special!

By popular demand we are extending our Christmas special into the New Year!
Any new customers can purchase 5 Group Training Sessions for only **\$50!**

You are also entitled to a **Free** Trial Session.
That makes 6 sessions for **\$50!**

*Conditions Apply: 5 for \$50 special valid for new clients only and must be used within 60 days of purchase & onetime purchase only. Offer ends Feb 28th 2011. Referral incentive does not apply.



Gonna Get Married is a not for profit resource site featuring contributions from Western Australia's leading wedding suppliers. These suppliers share a strong focus on providing quality services and products backed by the highest possible standards of customer service. Information provided on this site will help couples plan their weddings and ensure their special day is a complete success.

www.gonnagetmarried.com.au



Are you pregnant, have you had a baby or are you trying to conceive?
and would like to get in shape?

Then **Natal Health & Fitness** can help you meet your goals.

Operated by Western Australia's only Midwife/ Personal Trainer, Justine McInerney **Natal Health & Fitness** specialises in Pre-conception, Antenatal and Postnatal Clients.

See website for more details: www.natalfitness.com.au or contact Justine on 0438 195 258 or info@natalfitness.com.au

CURRENT TRAINING SESSIONS

Runaway Brides Group Training Sessions operate between Kings Park, Leederville & Carine

See our website for details or contact us today.



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