



Welcome to our special New Year's edition of the **Runaway Brides** Newsletter!

It's hard to believe that we are now in **2010** and that 2009 is just a distant memory! Your 2010 wedding will be here before you know it so there are exciting days ahead! Just when we thought we had enough time to get healthy and in shape before the New Year it was upon us so quick that it all seems like a blur. But let us tell you – it is never too late! In fact the start of a New Year is a great time to put those bad habits behind you and embark on a wellness journey that will make it seem like you are going back in time and getting younger by the day.

So it's time to put action behind those New Year's resolutions (and yes we know exactly what they are!). Get fit, eat healthier, reduce drinking, take more time for yourself! Don't let this year be another one where those resolutions get put on the shelf to collect dust. It's time to take action now!

Wishing you all a very **HAPPY NEW YEAR & all the best for 2010!**

-Tegan and Justine -

Top advice for sticking to those New Year's Resolutions:



We all make them hoping that the new year will bring us greater happiness, an increase in wealth or a better body.

But how many of us stick to our resolutions past the first week of January??

Here are some fail proof tips to make sure you stick to this year's resolutions:

1. **BE SPECIFIC:** decide exactly what you want to achieve.
2. **PRIORITISE:** don't choose many, just focus on what is most important to you.
3. **PLAN:** what is it, how are you going to achieve it, by when and any obstacles that may prevent you doing so.
4. **TRY A NEW APPROACH:** if you have tried the same approach for the same resolution in the past then it's likely not to work this time either!
5. **TELL YOUR FRIENDS & FAMILY:** enlist their support now!
6. **ASK FOR HELP:** enquire about a personal trainer, a dietician or life coach.



Fitness for Christmas Event

On December 19th we held the annual Christmas wind up to celebrate all the hard work done throughout the year.

Brides and Babes took part and much fun was had by all!



Overall winners Hannah & Bianca (L-R)



If you haven't tried a De Bertoli Wine then we suggest you do. We highly recommend their new Emeri range.

"Delight in the fresh sparkling flavour and musk aromas of De Bortoli's Emeri Pink Moscato. There's no need to wait for the celebration when you can be the celebration. One sip makes life feel so very Emeri."

www.debortoli.com.au



Natal Health & Fitness

What is **Natal Health & Fitness**? A unique personal & group training business serviced by Justine McInerney, WA's only advertised personal trainer & Midwife. Natal Health & Fitness specialises in Pre-conception, Antenatal and Postnatal fitness clients. Justine has over 16 years experience in the health care industry and holds a passion for women's health, fully understanding the physical and emotional demands that achieving conception, pregnancy and birth have on the body. **Group Training, Mother's Groups and One on One sessions available.**

New Thursday 9.30am "Midwife, Mum's & Moppets" group starting soon

New Friday 9.30am "Boxing, Balance & Babies" group starting soon

Contact for more details or to register interest.

Contact Justine today on 0438 195 258 for more details.

Mondays 6pm: Boxing & Balance



Benefits of Boxing:

- Weight loss
- Muscle tone
- Increased agility
- Greater fitness

Boxing is not just about the arms – it is a **GREAT** cardio workout to. It is perfect for those women who want to tone their whole body as it works the bottom, core and legs as much as it does the upper body.

SO if it is rapid tone and weight loss you are after then come and sample our "Boxing & Balance" class every Monday at 6pm.



STORY OF AN AMAZING WOMAN

I started training earlier this year with Natal & Runaway Brides (Babe not Bride or Bloke!) as I wanted to lose weight, gain energy, get fit and improve my overall health. For someone who has always hated exercise (happy walking thanks!) and has struggled with being overweight for most of my life, due to PCOS, I never thought I would have accomplished what I had through training.

In August of this year I actually ran 12km in the City to Surf and I still can't believe it. Go figure I can run! I must also make mention that I did have Justine as my partner running with me and supporting me the whole way. Now if that isn't "personal" training then I don't know what is! Whilst the training sessions can be intense they are conducted with unwavering support from Justine & Tegan, who are adept at adapting the exercises when you have an injury or are struggling. Thanks to the training and eating a more balanced diet I have lost a few kilograms but many more cms, and am hoping to keep on losing.

Of equal or greater importance are the other things I have also gained - more self-confidence, self-belief and a love of exercise. Thank you Justine & Tegan I will be eternally grateful.

I AM WOMAN, HEAR ME ROAR!!

~Jodie~

Move of the Month – The Sumo Squat



WHY? The sumo squat is a safe and effective exercise that targets your inner thighs and glutes.

PLUS: This move can be done anywhere and is easily modified for use with or without free weights.

Get your butt & legs burning by following the steps below:

1. Stand with your feet roughly twice shoulder-width apart and point your toes outward.
2. Pull your shoulder blades back and lift your torso upward. Bend your knees and slowly lower until the top portion of your thigh is parallel to the floor.
3. Pause, and slowly return to the starting position while making sure that your knees are pointing in the same direction as your toes throughout the movement.

To add intensity:

In the same stance, pick up any weight and hold at arm's length with both hands firmly gripping to the inner portion of the upper weight, as shown above. Repeat above steps.

A LOW FAT TREAT ESPECIALLY FOR YOU!

Berry Mousse



What you need:

300g fresh or frozen raspberries, thawed
400g low-fat strawberry yogurt
¼ cup icing sugar
2 tablespoons hot water
3 teaspoons gelatine
2 egg whites

To do:

- Crush raspberries lightly with a fork and combine in a mixing bowl with yogurt and sifted icing sugar.
- Put water in a small bowl and sprinkle gelatine over it. Stand the bowl in another bowl of very hot water & let the gelatine soften for a few minutes then whisk with a fork to dissolve.
- Using electric beaters, beat egg whites until soft peaks form.
- Stir gelatine into yogurt mixture, then add egg whites & fold gently together until well combined, but take care not to lose the volume from the beaten egg whites.
- Spoon into individual serving dishes, slightly larger than 1 cup capacity each, and refrigerate for about 4 hours or until set.

Only 147 calories and .5 grams of fat. A perfect summer treat!

CURRENT SPECIALS

SUMMER SPECIAL!

VIP PRICES FOR ALL NEW GROUP TRAINING PACKAGES!

All new clients that sign up for any Group Training Package receives a special VIP discount. That means you save a total of 15% off the package price!

LOOKING FOR THE PERFECT ENGAGEMENT/ BIRTHDAY/ CHRISTMAS GIFT?

Then consider a Runaway Brides gift voucher!

VIP MEMBERSHIP

We reward our loyal & dedicated clients that have participated in 50 or more Group Training sessions **OR** purchased any One on One Personal Training package with a **VIP 15% OFF** membership.

REFERRAL INCENTIVE

Any member (currently participating in a group training package) that refers a friend who signs up for a package of 6 or more sessions receives a **FREE** gift (valued at \$20) **PLUS** an extra session added to their current package.



TRAINING DETAILS

Group Sessions take place every Monday, Wednesday & Saturday.
One on One, Two on One & Private Groups also available.
We have a package to suit everyone's needs so see our website for details.



PLUS

Register interest now for our **NEW** Thursday 9.30am "Midwife, Mum's & Moppets" group & **NEW** Friday 9.30am "Boxing, Balance & Babies" group. Both starting soon!!