



Welcome to our July/August edition of the **Runaway Brides** Newsletter!

July is an exciting month as we are launching in BALDIVIS! We have listened to the needs of those South of the River Brides to be and will be commencing on Saturday July 3rd 2010! It's not too late to register for the FREE launch so please see below for more details and contact us today.

We would also like to announce the winner of the Every Woman Expo Prize! This year's prize was won by Kelsey Feazey from Baldivis! Congratulations Kelsey and we hope you enjoy your hamper.

Yours in health, fitness and happiness,
-Tegan & Justine-

Weight Gain After Marriage?



FACT:

Life does change after marriage. You have secured that partner for life and you feel more loved and cared for than ever before. As a result studies show that some women gain between 5 & 8 kilos a year after marriage.

WHY?

- You have found your life partner. No need to stay attractive!
- That secure feeling you get out of marriage is amazing.
- You start to eat as much as your partner- no need for portion control anymore.
- Your partner may start to sabotage you (I love you just as you are!).
- Unresolved issues start to surface.
- You both become so comfortable with each other that there is no need to face those cold mornings.
- You become pregnant.

WHAT CAN YOU DO?

You must continue to love yourself and the only way to do this is by being happy with who you are. Staying fit and healthy will give you confidence to face each day and grip your marriage and life with both hands.

Continue with exercise and eating right. Not only you will retain a healthy BMI but you can be assured that you are doing everything you can to ensure a long and happy marriage!

Inspirational Woman of the Month



My name is Maxine and I have been with Runaway Brides for over a year now.

I first heard about this wonderful training group at an engagement party (not mine!). I had recently returned from a work trip and a colleague of mine spotted my photo in a travel magazine. I almost died!! My weight after seeing the photo was 89kgs - a size 16. I had "lazier" myself into someone that was not me. I was determined to get back into a size 12 and enjoy the once active lifestyle I used to lead.

I have attended countless sessions with Justine and Tegan. I have loved every minute of every exercise they have put together. These fabulous ladies ensure that no session is the same as the one before which suits me down to the tee as I love variety. Justine and Tegan are great at motivating which has assisted me in getting to the size 12 goal!! I now enjoy attending sessions as part of maintaining my healthy new lifestyle. Best of all the new beach sessions at Scarborough.

Thanks ladies - love your workouts!!
Maxine

5 Tips for Keeping the weight off in winter



Winter can be a difficult time of year for dieters and those wanting to exercise and keep the weight off.

The cold weather can interrupt your workout routine, make you more likely to reach for comfort foods like stodgy roasts and hot bread. Really who feels like a salad when it is 10 degrees outside?

So what can you do?

- Continue to sweat! Do NOT allow yourself to use the weather as excuse. Continue with your regime and stick to the recommended amount of 30 mins exercise 5 times per week.
- Stay warm – treat yourself to some winter workout gear. This always helps with motivation.
- Set goals – whether it be that strapless summer dress or the City to Surf. Choose something to stay motivated.
- Enlist your partner or friend – but make sure it's someone reliable who won't accept excuses!
- Be vigilant with your diet – limit carbohydrate intake at night, swap a hot chocolate for herbal tea and maintain plenty of fresh fruit and vegetables.

Move of the Month: Tricep Dips

Tricep Dips are an advanced exercise targeting the triceps and involves very little equipment. If you have shoulder problems though, you may want to avoid this exercise.



1. Sit on a bench or chair making sure it is stable.
2. Begin with the hands next to or slightly under the hips.
3. Lift up onto the hands and bring the hips forward.
4. Bend the elbows (no lower than 90 degrees) and lower the hips down, keeping them very close to the chair.
5. Push back up without locking the elbows.
6. Complete 2 sets of 8 – 12 reps and increase as you advance

Tips

1. Keep the shoulders down and away from the ears to protect them from injury.
2. Keep the hips close to the bench or chair to keep the focus on the triceps and not the shoulders.
3. To make it easier, move the feet closer in. Harder? Walk the feet out or place them on another chair or bench.
4. For added intensity walk the feet out or prop feet on a bench or chair

Recipe of the Month: Salmon with Teriyaki Chilli Sauce



INGREDIENTS

- 1 tablespoon peanut oil
- 4 pieces salmon (fillets or cutlets or white fish)
- 1/3 cup (80ml) teriyaki marinade
- 2 tablespoons sweet chilli sauce
- 4 green onions (green shallots), sliced thinly

METHOD

Heat a large non-stick frying pan.
Add oil and salmon, skin-side down.
Cook until browned on both sides and cooked as desired.
Remove salmon from pan; cover to keep warm.

Add marinade & chilli sauce to same pan; cook, stirring, until hot.

Drizzle salmon with sauce and top with green onions.
Serve with coriander, steamed rice and snow peas, if desired.

TIP: Salmon is best served a little rare in the centre.

What's New With Runaway Brides?

Runaway Brides are launching in **Baldivis on Saturday 3rd July 2010.**

Taking place at the Steel Tree Park in Baldivis registration commences **at 8.45am for a 9.00am start.**
There is a special guest appearance by Alison from The Biggest Loser plus the chance to experience the Diamond Lounge, Cakes from Heaven and products from Hens and Brides.

See www.runawaybrides.com.au for details and register today!

Current Specials!

Purchase any Group Training Package during the Winter months of June, July and August and receive:
VIP discount – 15% off the joining package.
The choice of a Runaway Brides hat or water bottle

ALSO purchase 5 sessions to Boxing & Balance for **\$50!**

Do you want a more individualised program??
10% discount off **ALL** Personal Training Packages!

Don't forget that when you sign up for any Personal Training Package you also receive access to all existing Group Training Sessions for **FREE!**

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

Current Group Sessions

Runaway Brides Group Training Sessions operate between Kings Park, Leederville, Carine, Scarborough Beach, Baldivis and Winthrop. See our website for details or contact us today.

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