



**Welcome** to this year's second edition of the **Runaway Brides** Newsletter!

We are now well and truly into 2010 and we have seen a wonderful start to the year for many of our motivated Brides. Group sessions have kicked off, personal training is popular and we are inundated with emails about the best way to lose weight for that all important day. We can say that to get in shape means a commitment to exercise and a healthy diet. We can honestly say that these two things, along with a positive attitude will bring the changes you wish for. We have seen it in many of Brides to be and the results have been amazing.

So whether your wedding is near or far **NOW** is the time to start! No more contemplating on what might be. It's time to take that first step and make the decision to take action. Help is only a phone call away!

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

### DUSK BRIDAL FAIR PRIZE!!

Thank you to all those amazing Brides to Be and supportive family and friends that we met at this year's Dusk Bridal Fair. Many entered our wonderful hamper prize. Unfortunately there can only be one winner!

The winner of the magnificent Runaway Brides hamper worth over \$500 is:

**Amber Calder from South Perth!!!**

Well done Amber!

### The Importance of Core

#### What is the Core?

The core is a group of muscles which add strength and stability to the spine and pelvis. The core runs the entire length of our torso. We need our core for posture, prevention of injury and for every day movements.

#### Why do we train the Core?

We don't just train our core for that 6 pack! When we train our core we increase our strength in most other areas of our body. For example a strong core will limit the chances of back pain. We also prevent injuries as well as gaining better posture.

Here is one of our favourite core exercises:

#### The Side Bridge

- Lie on your side with your body weight on one elbow and the side of one foot.
- Draw your belly button inwards, lift your hips and form a straight line with your body.
- Hold initially for 30 seconds and then progress.
- Swap sides and repeat
- For added intensity lift & then lower that top leg.



### 5 steps to a healthier waistline:

- 1) Maintain a well stocked kitchen full of fresh fruit and vegetables.
- 2) Be aware of alcohol and soft drink consumption - they are laden with empty calories.
- 3) Only shop for the staples - make a list before you go to avoid temptation.
- 4) Stop eating when you feel satisfied.
- 5) Be honest about your snacking.
- 6) **DON'T** forget to exercise.

If you are exercising and not seeing results then you may need to increase your intensity. Without doing this your body gets used to your level of activity and you won't see any change.

**TIP:** Three 30 minute high intensity sessions a week are better than five long low intensity sessions.

**The higher the intensity the more you burn!**



## Move of the Month – Static Lunges



Static lunges are great for working all the major muscles of the hips, glutes and thighs. In the case of a static lunge you are dropping your knee down rather than stepping forward or back. For beginners, you can hold onto a chair or wall for balance:



1. Stand with right foot forward, left foot back about 3 feet apart.
2. Bend the knees to lower the body towards the floor. Keep the front knee behind the toes and be sure to lower straight down rather than forward.
3. Keep the torso straight and abs in as you push through the front heel and back to starting position.
4. Do not lock your knees at the top of the movement.
5. Perform 1-3 sets of 10- 12 reps according to your fitness level & goals.
6. For increased intensity add dumbbells.

## *Our Inspiring Clients!*

*-Beth-*



When I first started training with Justine over a year ago, I almost threw up trying to run up the hill in front of my house. I think I reached a 9.5 on Jus's Vomit Scale. I couldn't believe how unfit I was. She told me just to keep on trying, that the more you do it the better you get. I was sceptical! But here I am twelve months later having just completed an Olympic Distance Triathlon! A 1.5km swim, 40km bike and 10km run. And I did it!



If you had told me a year ago that I would be running that far, I would have fallen over laughing, literally. Justine got me started, then to compliment her training I completed the Women's Triathlon Training program at Challenge Stadium culminating in the Women's Only Triathlon at Hillary's last year. I fell in love with the sport and joined a local tri club. My husband has been fantastic in supporting me, helping out with the kids (Matilda 5, Henry 3, Eliza 2) and therefore allowing me to attend training with both Justine and the tri club.

My next goal is to complete a half marathon...then maybe a full one. Maybe!

*-Rebecca-*

I would like to thank Runaway Brides for their support, motivation and expertise in the lead up to my wedding in December. In particular I would like to thank Tegan for our PT sessions - they really helped give me that extra boost.

The Boot Camp sessions were great. There are so many different types of exercises so it's always interesting and motivating. For once exercise didn't feel like a chore - although you definitely feel it the next day! Not only did I fit into my dress, but I found some new friends and have actually found exercise I enjoy.

Giant hugs and thanks!



## News

### Runaway Brides are expanding to ROCKINGHAM/BALDIVIS and ELLENBROOK!

To register your interest in training in either of these areas then please email us with your name and preferred training days and times to [info@runawaybrides.com.au](mailto:info@runawaybrides.com.au)

All those who register their interest will receive a **VIP discount** upon joining.

That is a **15% saving** on all group training packages!

## Current Specials

When 3 friends purchase any Group Training Package one trains for **FREE!**  
That's three packages for the price of 2!

**OR**

Purchase any Personal Training Packages & you will also have access to all existing group training sessions for **FREE!!**

You will then receive the 15% VIP discount on all other Group Training Packages purchased.

## Current Group Sessions

❖ **Monday 6.00pm "Boxing & Balance"**  
Kings Park

❖ **Wednesday 7.00pm "Women's Only Sessions"**  
Rotates between Kings Park, Carine Open Space and Scarborough Beach

❖ **Thursday 9.30am "Mum's & Moppets"**  
Yokine Reserve

❖ **Saturday 8.00am "Bride's, Babes & Blokes" Group Training**  
Kings Park

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.

