



Welcome to our May/June edition of the **Runaway Brides** Newsletter!

Can you believe we are already into May? It is incredible how quickly this year is going. One thing we at Runaway Brides are conscious of is not letting time fly by without getting the most you can out of it. It is easy to let things get in the way and to put off to tomorrow the things you should be doing today. So our message to you is to sit back, prioritise what is important and place yourself on top of that list. That means if you have been promising yourself that massage then book it in, or dreaming of a DVD night then lock it in or hoping to start a fitness program then do it! One thing life teaches us is that things won't change if we don't take action. So take that action today!

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

The Couple That Plays Together Stays Together



Exercising as a couple is a great way for you both to stay in shape not to mention the bonus of spending quality time together. Even if the two of you have different fitness levels there are a few obvious benefits:

- **It creates a common interest:** This can add to the excitement of your relationship and keep it fresh!
- **Encouragement & motivation:** You can always count on each other for support when the going gets tough!
- **A deeper and more loving bond:** Exercise releases happy endorphins that decrease stress and tension. This can then increase your libido – need we say more?!
- **Quality time:** Working out together allows you to catch up with each other which is sometimes hard throughout the working week.
- **Balance in exercise:** One may favour cardio whilst one favours strength training. Exercising together is a great way to learn how to vary your workouts.

Double your fun by:

1. **Boxing:** investing in some gloves & pads is a great way for a couple to work out.
2. **Running together:** try interval training where you can both match each other's fitness levels.
3. **Group Training:** this type of training is perfect for couples! Not to mention a great way to meet other like minded people!
4. **Two on One with a Personal Trainer:** Safe, fun and half the cost!

5 Steps to the Best You Can Be!

Aiming for good health and an ideal weight is the start of creating the ultimate you. But how do we get there?

1. **Look at the BIG picture:** think about what you want to be, how you want to be and how you want to achieve this. Visualise this and see it as a reality.
2. **Think POSITIVE:** Do not let fear, self-doubt or other's negative opinions prevent you from achieving your goals.
3. **Always live for now:** that means treat your body with respect at all times.
4. **Seek help with your issues:** Face that there are some things we can't solve on our own and seek professional help.
5. **Reward, Reward, Reward:** treat yourself when you deserve it!



Move of the Month: Partner Sit Ups with Hand Tap



Partner Abdominal Exercises can be a fun way to spice up your core workout whilst keeping your motivation high!

1. Face each other and commence correct sit up position. Both feet intertwined with each other.
2. Both attempt full sit up by using core to lift up and not shoulders, neck or arms.
3. At the top tap hands before lowering slowly to the ground.
4. Repeat for 15 to 20 repetitions depending on fitness level.
5. Aim for 2 sets initially.

Inspirational Client of the Month



This month's focus is on Amanda, an amazing mother of two who finds time in her day to keep her own health and fitness goals on track. Currently Amanda is training for the HBF Run For A Reason in May. She is determined, motivated and committed – and an inspiration even to us as trainers.

“Nearly 18 months ago, I was approached by a friend to join a training group of post natal women with a midwife turned personal trainer, Justine. I had two daughters, aged seven and three, and had been fit in another lifetime but had let personal fitness drop to the priority list, so the timing was ideal. I met Justine on a Wednesday night and several other delightful women. We worked hard but still managed a few laughs in the first session. A year and a half later, I am much fitter and still able to find humour in keeping fit.

In 2009 I ran the 12km City to Surf Fun Run and recovered easily, and have just registered for the 14km HBF Run in May 2010. I have no fear of these challenges, I am confident in my fitness, and enjoy being exposed to new and varied exercise ideas almost weekly in my training. Variety in exercise is essential for me to keep interested. Each session is different and even if something similar comes up, it will contain an exciting new twist.

I have committed to one regular training session a week for over 18 months and I now exercise on my own three times the amount before I started training. I try and get to extra training sessions when my schedule allows it. I feel better about myself, stronger in my body and look better in my clothes. I enjoy putting the effort in, and love the rewards of being involved with this great group of women.

At training I feel challenged, supported and safe. Thanks Justine for your high expectations, sense of fun and unwavering commitment”.

For Amanda's hard work and dedication to her Health and Fitness she receives a complimentary massage from David at “sports therapy solutions”.

“sports therapy solutions” is an integral part of your training programme. David specialises in Sports, Deep Tissue and Relaxation Massage as well as Sports Injury Management.

Phone David on 0410 151 930 **OR** email him today at sportstherapysolutions@gmail.com

...IMPORTANT NOTICE...



“Boxing & Balance” is now located at Aranmore Catholic College Hall, corner of Oxford and Franklin Street (across from Tuscany Bridal) in Leederville every **Monday night at 6.00pm.**

Now there are no excuses over the winter to get fit or stay in shape!!

News

On Saturday 17th April Runaway Brides launched a new session at **Piney Lakes Reserve** in Winthrop. Featuring the beautiful Alison Braun from The Biggest Loser, it was a morning filled not only with exercise but with Alison's motivating story that brought many of the group to tears.

It couldn't have been put any better then as explained by Toni *"Last Saturday morning with Alison was so inspirational that Max and I had tears in our eyes. Plus I could not stop telling everyone about Alison's journey for the rest of the weekend. Hope we will see her again. Thank you so much for the experience."*



Piney Lakes Reserve Group Training: Saturdays at 8.00am

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. **Natal Health & Fitness** has a variety of packages sure to suit your needs.

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



Current Specials

- When 3 friends purchase any Group Training Package **ONE** trains for **FREE!**
That's **THREE** packages for the price of **TWO!**
- Buy any Personal Training Package & you receive access to all group training sessions for **FREE!!**
You will then receive the **15% VIP** discount on all other Group Training Packages purchased

One on One, Two on One & Private Group Training Packages also available.

Current Group Sessions

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

