

fitness @ flagstaff

group personal training outdoors

SUMMER 2013 NEWSLETTER

Perpetual Cup



Scott E was dropping Christine, Jason and family to the airport when we announced the winner of the Autumn/Winter f@f Award at the bush walking breakfast. Scott is a fantastic team member, works hard and has continued to improve.



Kim was the winner of the Spring/Summer f@f award. When Kim started she emailed me a long list of things she couldn't do...

*Well a couple of years later she completed the 100km trailblazer and now reckons there **isn't anything** she couldn't do!*

Kim is pictured above with her family who give her great support.

lelelele

✧ Quotation Corner ✧

*"Some cause happiness wherever they go;
others whenever they go."*

Oscar Wilde



More on
happiness
overleaf

fitness@flagstaff member news



The 2012 Trailblazer was big news for many members.

A contingent of 14 members set out to challenge either the 50km or 100km course. The course began in the city wound it's way up and over Mt Lofty and around to Kupto forrest.



As the pictures on facebook show, the support crew was second to none. They kept the morale up all through the first day, through the long cold night and well into the second day, feeding and encouraging the trailblazers.



I was privileged to cross the finish line with many of the groups. And while most of the smiles had faded, it was apparent that many strong friendships had been forged and that everyone was proud of their achievements.

February is for affairs of the heart

Valentine Month Special

*To celebrate;
book a loved one in for
any cardio session(s)*

...Any day in Feb

...for free



bookings essential



f@f Christmas Party

I recognise that without the support of family and friends, finding time to look after yourself can be difficult. So it was great to see over 150 members, families and friends turn out for the f@f Xmas party.

The weather was ideal and Dino Jag provided the perfect backdrop for a great afternoon and night.

I'll also take this opportunity to reiterate my thanks to Darren for all his help out on the track and to Michelle for all her help in the back office.

HAPPINESS

What is happiness and can you get more?

Dr Martin Seligman is the founder of positive psychology, and is currently in Adelaide for the 'thinker in residence' program. He studies positive states, such as happiness, strength of character and optimism. and is a pioneer in measuring and tracking well-being. The five dimensions he uses to measure well-being include:

1. Positive Emotion
2. Engagement
3. Relationships
4. Meaning & Purpose
5. Accomplishment

But what do others think about happiness? In looking around at some of the literature there was a common theme of happiness being **more than passive**:

Happiness is not something ready made. It comes from your actions.

Dalai Lama

Many philosophers included the concept of **inner balance** in their musing on happiness:

Happiness is when what you think, what you say and what you do are in harmony.

Mahatma Gandhi

And being **in the present** was also a common thread:

If you want to be happy, be.

Leo Tolstoy

But what did one of greatest **romantic novelists** of all time have to say about happiness:

A large income is the best recipe for happiness I ever heard of.

Jane Austen

I'll leave the last word to Dr Albert Schweitzer, a German/French theologian and philosopher. While Dr Schweitzer had a rather cynical view of happiness, we can all relate to his views. I bet most of us are guilty of gold-plating our school yard memories, and given enough time, we derive satisfaction from even the most testing of times:

Happiness is nothing more than good health and a bad memory

EXERCISE HELPS YOUR IMMUNE SYSTEM

Sent in by a member, the linked article sets out the evidence that exercise not only helps slash the risk of cancer, but can also help cancer patients get well sooner and help prevent the recurrence of cancer.

http://fitness.mercola.com/sites/fitness/archive/2012/11/30/exercise-protects-immune-system.aspx?e_cid=20121130_DNL_art_1