

fitness @ flagstaff

group personal training outdoors

S U M M E R 2 0 1 1

f@f Cup

The f@f awards were presented as a prelude to the annual f@f Xmas party.

Numerous awards were presented, some of the winners included; Steve K & Ian J (beep test) Darren S & Aaron S (400m), Francis B (push ups) and Greg D (best excuse).

Darrel W was awarded the f@f Perpetual Cup in recognition of his ability to keep pushing hard on the track and continuing to show steady improvement after more than 300 sessions.

Well done Darrell.



Darrel W, winner of the f@f Perpetual Cup.



f@f Xmas Party

The 2010 f@f Xmas Party was held on the last Saturday before Xmas. It was great to see such a good turnout with lots of members coming along early with their families and quite a few staying til late.

Special mention to Di and Peter, backing up from their son's Xmas party, they arrived early enough to jag the best car park and didn't vacate the premises until after 2am!

Valentines Month Special

February is a month dedicated to matters of the heart...

To celebrate, f@f invites members to take advantage of the following Valentines offer:

Book any cardio session(s)
For any loved one
Any day in February

...For Free!!!
(Bookings essential)



Making Flagstaff Happy

Some of you might have seen the recent series on the ABC; "Making Australia Happy".

Did you know we can influence our happiness through what we do and how we think, with as much as 40% of the happiness pie chart entirely within our control.

If you missed the show, some of the happiness tips have been summarised here:

2. Be mindful

Let's face it, we are all time poor, allowing us to easily fall into a trap of taking things around us for granted. Mindfulness means paying attention with openness, curiosity and flexibility. To improve mindfulness experts recommend connecting with the present, letting your thoughts wander and exploring the full range of your emotions.

4. Physical activities

The latest research confirms that the mind and body are part of the same integrated system. Just as stress can have a detrimental impact on our bodies, improving your physical health with sleep, diet and exercise provides the shortest route to increased happiness.

6. Nurture your strengths

Focus on what is good and what works helps us understand what it takes for us to thrive. If we train ourselves to focus on strengths, we reorient our minds to be positive.

Take the VIA Character Strength test at:
<http://www.viacharacter.org/Surveys/SurveyCenter.aspx>

FACT: Pleasure vs kindness

In a now famous study, Dr Martin Seligman recruited students to do something personally pleasurable and then philanthropic. The results showed both the quality and duration of happiness was greater after the philanthropic act.

1. Write your own eulogy

Imagine what your loved ones would say about you when you're gone. And then think how you would like to be remembered. Contemplating your mortality and the legacy you will leave is a confronting but powerful technique to identify the values that are important to you.

3. Practice random acts of kindness

Human beings are social creatures and our relationships with one another contribute greatly to our happiness. Random acts of kindness have been scientifically proven to increase happiness and wellbeing. What more excuse do you need to pay a compliment, run an errand for your neighbor or let someone in the morning traffic?

5. Practice gratitude

When we take the time to be grateful, life seems better... Appreciation involves firstly noticing, and then acknowledging the value and meaning of the gesture. Keeping a diary of three good things each day has been scientifically proven to increase happiness and decrease depressive symptoms.

