

# fitness @ flagstaff

group personal training outdoors

SUMMER 2009 NEWSLETTER



## Perpetual Cup

*Awards were presented at the family fun day to recognise members special talents.*

*Nat won the agility ladder award, Linda thumped the boxing award and Bob cleaned up the push-ups, to name a few.*

*Deb, Kat, Trish, Pauline, Janelle, Ellie and Pete were all nominated for the fitness@flagstaff Perpetual Cup. Trish was awarded the Cup in recognition of her work ethic on the track and continued improvement.*



## ✕ Quotation Corner ✕

*"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do ... Explore. Dream. Discover"*

Mark Twain

## XMAS FAMILY FUN DAY

Christmas provided the ideal opportunity to host the first fitness@flagstaff social event. I was delighted that at this busy time of the year about thirty

m e m b e r s came along, many of them bringing their partners and families.

Everyone had a good time and enjoyed mixing in a casual social environment. It was a great afternoon, that finished up in the early hours of the morning! I got to see everyone out of their training gear, and meet their families

who play an important support role.

The results of the second round of fitness testing were also available on the day. You



m i g h t b e interested to know that every one improved their performance in all of the test criteria...

Unfortunately,

when it comes to fitness there is no "magic pill" and until there is, none of us can escape good old-fashioned hard work! The tests indicate we must be doing something right - I was thrilled with everyone's results.

## The Fit List

*The Weekend Australian recently published "The Fit List", 17 ways to get healthy in body and soul. I have summarised the list for your interest.*



1. Catch some rays every day
2. Go with the flow
3. Floss - periodontal and heart disease are closely linked
4. Know your family tree
5. Make new friends
6. Embrace randomness, put the clock away sometimes
7. Be content - reduce stress
8. Aim for 7 hours sleep a night
9. Be active - whenever you can
10. Have regular sex; it improves self esteem & combats stress.
11. Know thy physician
12. Enjoy an indulgence - pleasure itself can keep you healthy
13. Eat bananas & garlic, drink green tea
14. Gossip - it's good for you
15. Move - Sunshine Coast?
16. Don't be afraid to get dirty
17. Believe in something