



5 WEIGHT LOSS MYTHS FOR WOMEN - EXPOSED!!

Welcome to the Goal Power E Newsletter and the home of GirlPower! Outdoor Group Training – Where you can ‘train like a girl’ and get the results girls want!

To kick things off – here are the 6 biggest weight loss myths every woman needs to know!!

Myth #1 ‘97% Fat Free’ = Low Fat

As a general guide check the per 100 grams section of the nutritional panel, if it is less than 10 grams of fat per 100 grams, this is considered low fat.

Myth #2 Skipping meals and only eating dinner will keep me trim!

5 small meals a day will keep the metabolism on alert and firing all day.

Myth #3 Certain foods, like grapefruit, apples and celery can burn fat and help me to lose weight.

Sorry ladies but no foods can burn fat!!

Myth #4 A handful of nuts is a healthy snack option.

The problem here is ‘define’ handful? And when you dive your hand into a bag of nuts can you really stop at one ‘handful’. And just to clarify, 8-10 almonds are the equivalent in calories to a small meal.

Myth #5 Replacement Meals, Shakes and Detox diets DON’T work.

In fact, they actually DO work, at first. And perhaps as long as you stay on them they will continue to work. But can you really ‘drink’ your meals out of a shaker for the rest of your life.....and what happens if you can’t?

AS REQUESTED BY WOMEN FOR WOMEN ONLY!!

GirlPower!! Outdoor Group Training

FINALLY, AN OUTDOOR GROUP TRAINING PROGRAM CREATED BY WOMEN FOR WOMEN ONLY. WHY?? BECAUSE WE KNOW WHAT WORKS FOR WOMEN AND WE KNOW HOW TO GET WOMEN RESULTS!!

GirlPower! understands that women’s training needs are different so we have created training programs for women of all ages and stages, that will give you the results you haven’t been able to achieve alone.....





NOVEMBER ONLY!!!! TWO FOR ONE MEMBERSHIP!!! YOU AND A FRIEND FOR THE PRICE OF ONE!!

All program information, including session timetable can be obtained by sending an email to info@goalpower.com.au – or call Jen on 0403 236 783

*“Quitters never win and Winners never Quit“
Napoleon Hill*

Can't wait to see you at our GirlPower! Group Training and keep an eye out for our next fortnightly E Newsletter where we will arm you with some 'must have' survival tools that will get you to and through the "Christmas Feast"!!

IN THE MEANTIME – TRAIN LIKE A GIRL!!!!

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