



Fat Facts!!!!



When keeping an eye on what you eat the 'visible' fat in our food is pretty obvious. It's not rocket science if you are trying to drop a few kilos to trim your meat, to say 'no' to butter on your toast or sandwich and of course no cheese please....But here are some 'Fat Facts' that might surprise you.... This is extracted from a report compiled by Queensland Health.

FOOD	TEASPOONS OF FAT
Fish, Crumbed, Deep Fried – 1 piece 120g	4 ½
Fish, Plain, Grilled – 1 piece -120g	¾
Hot Chips, 1 Carton 150g	5 ½
Jacket Potato, 1 large 150g	0
Full Cream Milk – 1 Cup 250g	2 ½
Skim Milk – 1 Cup 250g	½
Plain Doughnut – 60g	3
Lamington – 60g	1 ¾

Are you going to spend another year 'Watching your Weight'??

As Christmas approaches, followed a week later by New Year, for some it's like the slow, scary, but steady uphill ride at the beginning of a rollercoaster. You know what's coming, you know you are going to scream but there is still a small part of you that thinks 'it will be different this time'.... And so the rollercoaster that is the 'yo-yo diet' begins for another year.....

Do you want to stop the ride and get off once and for all???

The Goal Power 12 Week Body Transformation Program is your ticket to a new 'ride' you can enjoy for the rest of your life. So what will be different? You will have:

- Your own personal Body Transformation Expert. One-on-One for 12 Weeks.
- Weekly 'milestone' checks with your personal Body Transformation Expert.
- Personalised Nutritional Plan that fits your life and lifestyle, reviewed weekly.
- Personalised Training Plan that is planned into your busy week, reviewed weekly.
- 12 Week Personalised Diary that will become your 'New Body Bible' for life.
- 24/7 support from your personal Body Transformation Expert.





**THIS IS YOUR YEAR TO DISCOVER A
NEW 'NORMAL' FOR THE REST OF
YOUR LIFE!!**

**Book your 'Start Date' before the clock
strikes midnight on 31 December 2009
and receive 10 'FREE' GirlPower! Outdoor
Group Training Sessions just for Women.
A 'New Body' you love and meet 'New
Friends' that understand too!**

For a 'no obligation' chat or to book your 'start date' call Jen on 0403 236 783 or email jen@goalpower.com.au

'It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change.'

Charles Darwin

If you haven't checked out the GirlPower! Outdoor Group Training Sessions just for Women, see the attached timetable. We would love to see you there!!

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

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