

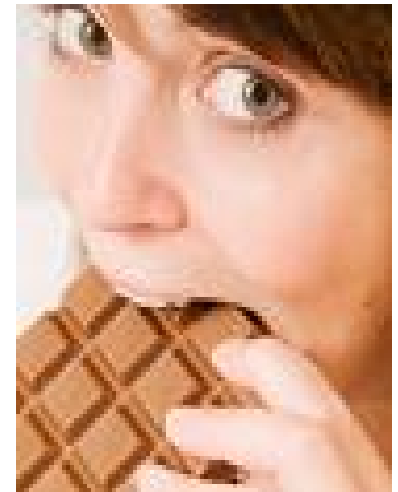


Does a Setback Mean it's All Over??

No matter what time of year it is, there will always be temptations that can sometimes take you 'off track' with your health and weight loss goals. Christmas, Easter, Birthdays, Anniversary's, holidays...you get my point. So does this mean we should turn into hermits and avoid life altogether...Of course not!! All of these events, and so many more, are what enrich and fulfil our worlds with family and friends.

And whilst I don't necessarily agree that the only way to celebrate is with food and drinks (that's another newsletter!!), it is a scenario that is a part of most of our lives.

So you have been working hard towards your weight loss goals BUT you have succumbed to a temptation or two....now what???.....Do you quit?? Is it all over?? Do you say 'Oh well, I may as well eat the whole block of chocolate now'..... Of course not! Here are some tips and ideas that might help.



Tip #1 Acknowledge that it has happened. Don't hide from it. 'Stuff' happens. Talk about it out loud.

Tip #2 If you have a 'bad' day, make the next day a 'good' day.

Tip #3 Make your hangover cure, fresh fruit and water – The H₂O and the Vitamin C will get you better faster than a greasy burger.

Tip #4 If you have a night out planned, do some extra exercise that day.

Tip #5 Choose ONE thing from your normal routine (walk, jog, gym session, class, bike ride, swim etc) and just do it! You'll be amazed at how this will inspire good habits again.

How would you like to earn some cash while you lose some calories??

The GirlPower! Outdoor Group Training Program, which is just for women, has implemented a 'cash for calories' reward system for existing members.

What do I have to do?? To be eligible for the 'cash' just simply become a member of the GirlPower! Outdoor Group Training Program.

How do I get 'Cash for Calories'? Refer a friend to come along to try a session for 'Free'!!

How much 'Cash' can I earn? If your friend/s becomes a member/s, Goal Power Training will pay you \$25!! Bring two friends at the same time = \$50!! Bring three friends at the same time = \$100!!





Become a Member of the GirlPower!
Outdoor Group Training Program, 'Just for
Women', before 31 December 2009 and
your first referred friend will DOUBLE your
'Cash for Calorie' Reward!!! That makes it
\$50!!!!!!

For further details call Jen on 0403 236 783 or email jen@goalpower.com.au

'Life is the sum of all your choices.'

Albert Camus

Check out the attached GirlPower! Outdoor Group Training Program Timetable.

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

JENNIFER FORSTER
BODY TRANSFORMATION COACH
GOAL POWER TRAINING AND COACHING
Mob 0403 236 783
jen@goalpower.com.au
www.goalpower.com.au

