



Top 5 Takeaway Tips.....

As a new decade begins, the fast pace of the 21st century does not seem as though it will be slowing down anytime soon....So I guess that means that the 'fast food' industry is here to stay!

But is all 'fast food' bad????

Here are my top 5 tips for takeaway, for when you are caught on the run... And not just if you are watching your calories but in terms of healthier choices for your children too.....

Bon Appétit!!!



- 'To Go'** Subway is a great choice. Go with the multi grain bread, make it a six inch, chicken or beef are good choices, no cheese but all the salad you want!!!
- 'Italian'** Small serve of plain pasta with a tomato based sauce. Say no to creamy sauces, processed meats, garlic bread and that sprinkle of cheese. A garden salad with dressing on the side is great accompaniment.
- 'Seafood'** Grilled fresh fish or fresh shellfish. Have all the salad or veges you want with this fresh summer option and say no to chips on the side!!
- 'Thai'** Go for a stir fry – chicken, beef, seafood – lots of crispy veges too – opt away from the noodles and rice and say no to the coconut cream curries!
- 'Pub Fare'** A Hamburger or Steak Burger is the go! Request no butter, cheese or avo and hold the chips please!!! Have a light beer or a glass of wine instead!!

Want to 'Train Like a Girl' for less than \$5 a Session??

The GirlPower! Outdoor Group Training Program has 10 ONLY casual cards up for grabs for half-price!!

What is a Casual-Card?

This pass allows you to attend 10 of our fantastically fun outdoor group training sessions just for women!

How much will it cost?

This pass is normally \$180 but if you are one of the first ten ladies to act now, you can have one for just \$90! That's only \$9 a session!!!! Keep reading...the offer gets even better!!!

How long is it valid for?

The 10 session pass is valid until 28 February 2010.





**OFFER ENDS 6pm FRIDAY!
ACT NOW!!!**

Secure your 'half-price' 10 Session Pass for just \$90 and as an added bonus, you can bring a friend to each session for free!!

That's \$4.50 a session!!!!
Call Jen now to grab your 10 Session Pass!

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

'Do all that you can, with all that you have, in the time that you have, in the place where you are.'

Nkosi Johnson

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

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

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