

The year is racing along with not many weeks left until Christmas time. Can you believe the weather! Santa won't know whether to put chains or water floats on his sleigh when he comes our way.

HEAPS of things have been happening here at Women in Motion during Oct-Nov with our birthday celebrations, 20 week challenge, Masters games, BBB and complimentary therapies evenings.

Three years on and WIM is going from strength to strength thanks to our fantastic members and staff. Our club is not all about numbers but about people, support, enjoyment and acknowledging achievement, however small. My vision when I opened the centre was a fun, happy and social environment where exercising and enjoyment go hand in hand. I think that together we have achieved that. It's great to see members enjoying the social aspect of the centre and sharing the feeling of pride we all have when one of our "girls" achieve their goals be it weight loss, doing their 1st group fitness class, their 1st Du althon or just getting along. **THANKS TO YOU ALL!**

I'm away to meet my brother and his family in Fiji as the end of their sailing adventure from Florida draws near so,

welcome to all new and returning members and I look forward to working with you when I return from holiday!

Bula Karen.

Dancing Queens Win Gold!!

The Step team that you may have seen practising held their winning title down in Timaru for the master's games. All the hard work paid off with the 6 Dancing Queens setting the bench mark for next year. Well done girls, not only the costumes but the routine looked fantastic!



For those that have recently got married, getting married soon, or planning a wedding we wish you the best!

HAPPY 3RD BIRTHDAY WOMEN IN MOTION!!



Oct 10th

Boobs, Bra's & Bubbles Evening

Thankyou to all those who came along to the evening to help celebrate our "unofficial" 3rd Birthday and also the women's body, curves bumps and all! Also special thanks to our presenters who came along, Jackie from **Berlie** and a special thanks to Anne who was very generous with the **Nancy Ganz** products.

Please support the brands and don't forget to present your discount voucher in store by end November to get your discounts on those fab. Lumps and bumps smoothers! They look great as well!

Best decorated bra went to Maureen D, with the "soft cup" made out of marshmallows, "Guess whose boobs are who" was Bex. S, the only one to get all 5 celebrities right, the number of pinky bars in the jar was Carol Jane and the best pink outfit was Michelle for wearing a pink dressing gown, slippers and bunny ears. The lovely Penny. W was the favourite of the night wearing a tailored elegant matching jacket and skirt in pink. \$380 was raised and donated to The Breast Cancer Society.

IMPORTANT INFO!!!

STUDIO CLOSED- Friday 14th November- ANIVERSARY/ SHOW DAY.

Temporary CLASS CANCELATIONS Karen's off on holiday 16th -28th Nov!

Classes will be limited during this time so check with reception. but HEY, if you do arrive for a class that's not happening, do a circuit instead!

Following classes cancelled 16th -28th Nov

Mon 6pm Step - Tue 7pm Pilates - Wed 6pm cardio -Thu 5pm T&T Sat 22nd Step

Normal timetable Resumes Sat 29th Step

You may see a few different instructors/ trainers about the place during this time helping Michaela, so don't be afraid to chat they don't bite....Hard! The girls are also trained in the Fitness industry as Personal Trainers, or Fitness instructors so no excuses to be slacking off! (They will be writing reports!)

Me, I'm off to Fiji to lounge about on a Yacht!

Be gentle on Mick as she takes over the reigns.

NEWS FLASH!

HELEN HITS THE 30KG WEIGHT LOSS & DROPS 4 DRESS SIZES!

Smart move doing the Smart Shape programme



Helen has done it and so can you!

Catch

20 WEEK CHALLENGE

12 members have been participating in this lifestyle challenge over the past 20 weeks. They have set goals and been working alongside their personal trainer to reach these and make healthy lifestyle choices.

Well done ladies and Good Luck at the Awards ceremony!

Christchurch Casino, Diamond Bar 5.30-7.00pm

There will be another challenge in the New Year for those who missed out this time so watch out for the info!

PERSONAL TRAINER: Deb Wilson

Deb is available **NOW** to help you reach your goals! **Investing in a regular PT session can really fast track your results.**

If you would like find out what Deb can do for you she will be in the centre Mon - Tue - Thu 9.30am - 2.00pm 17 -27th Nov

Up coming....

TaiTapu ¼ , ½ and full Marathon Sunday November 16th

Entry forms available at the desk or Shoe Clinic stores. Enter online at

www.enteronline.co.nz

If you are entered, pick up your packs from Shoe clinic Fri –sat 2-4pm

Meet domain entrance gate 7.45am

Sunday 7th December PhysioMed Tri/ Duathalon. QE11

Holiday, Waist watch alert!

Tips on surviving the festive food season

Don't blob out these holidays, keep active, eat healthy and stay on track by making healthy choices!

Don't arrive at a function hungry!

Have a small healthy snack before going to reduce the chances of overeating.

Don't stockpile your plate with treats. Take 1 or 2 items and come back for more if you genuinely need to.

Avoid pastries/savouries.

These are one of the most calorie laden party foods.

Go dancing afterward to “burn off” some of the excess energy.

Use a small plate for meals.

Remove skin from chicken & turkey. Avoid the Pork Crackling and trim fat from other meats. Have plenty of fresh fruit/ salads low fat dressings/ low fat cream and low fat snacks available.

Choose low cal. Drinks & chilled water with a slice of lemon.

Don't finish all that's on your plate, it's not about waste it's about waist!

Put left overs away so there harder to get at or better still give them to your guests to take home. Put yourself first.!

Let people know you don't want food gifts especially chocolates, sweets or nuts.

Ask for a Gym membership! or a pamper pack/ facial, nails, or similar.

Don't leave snacks out all the time, use small bowls & plates & put bags etc. away. Out of sight out of mind.

Keep moving!

After meals go for a brisk walk or play a game of catch, Frisbee or chase with family & friends.

Get the kids active presents like bikes, skates, ball games etc then get out there with them.

Watch those nibbles!

Try rice crackers/rice delights/pretzels/ vege and fruit platers/ salsa dips/ sweet chili sauces.

Avoid: chips/nuts/sweets/ pastries/savouries.

When visiting friends & family take a low fat/low sugar snack food for the table.

Use smaller glasses for drinks and watch out for refills!

Alcohol provides **7 calories per gram of alcohol.**

A 12 oz beer has aprox. 11grams of alcohol and 8 grams simple carbohydrate “sugar”

Approx. 109 calories a glass.

A glass of wine about 12 grams of alcohol and 0.5 grams simple carbohydrate “sugar”

Approx. 86 calories. (remember, these measures are for a standard drink, So watch the volume!)

Check out your pre mixes as they are mostly high in “sugar”

Mix your own using diet mixes. Not quite as convenient but better for the waistline!

Try limiting the time you drink alcohol and alternating with glasses of water or diet soda.