

Hi Everyone

Gosh, who can believe it's April already! Easter and school holidays are upon us and some of us are still struggling with resetting our watches (I never can figure it out) but I did get the night right unlike one of our members who arrived to Saturday class one hour late!(yes she was ahead of daylight saving time by an entire day!)

The lovely Michaela tied the knot this past weekend to her "teen hood" sweetheart David. She looked beautiful as did her mum (early morning member, Maureen, in case you didn't know the relationship).

A **HUGE THANK YOU** From Michaela and David, to the members who contributed, for the very generous gift of the Out Door table, chairs and umbrella. (Check out the wedding photo at WIM when next in).

As for the "recession" don't sit back and expect the worst. Get on with life, stay positive and remember: Those who maintain their fitness are generally more able to deal with the stresses of life. **Don't Stress Out – Work Out!**

**Congratulations
Mrs Michaela Knudsen**

Members Wedding gift to Mick and David (Awesome!)



Label reading a Headache for you? Keep it simple.

If reading food labels seems all a little bit too confusing start by taking this checklist with you when you next go shopping.

Saturated fat:

Aim for 2 grams or less per 100g

Fats generally:

Breakfast Cereals aim for 5g or less per 100g

Biscuits aim for 10g or less per 100g

Milk and yoghurt aim for 2g or less per 100g

Ice Cream aim for 2.5g or less per 100g

Other foods aim for less than 10g per 100g

Dietary fibre:

Aim for at least 3g of per 100g in breakfast cereals and breads.

Sodium:

Aim for less than 400mg of per 100g.

Sugar:

Choose 'no added sugar' food items or 15g /100g for breakfast cereals and sweet snacks.

Well Done CITY 2 SURFER!

More than 40 members participated in this years city 2 Surf. A fantastic effort from you all and great to see so many join us at the WIM corporate site along with friends from "Mint" fitness. Think you couldn't do it? Think again!!



Research shows people who get less than 7 hrs sleep a night are more prone to gain body fat and those who get less than 6hrs sleep a night are 23% more likely to be obese. Andrew Cate "Throw Out Your Scales"

BURN MORE BODY FAT

Walking or jogging faster can have a great affect on how quickly you burn calories. For example a 77kg person for 30 min

Walk slow:	123
Calories	
Walk fast:	234
calories	
Slow jog:	315
Calories	
Fast jog:	573
Calories	

If you are not keen on walking faster then add some weight to your walk by wearing a comfortable backpack with 2-5kg of extra weight in it.

AGEWISE Sleep formula
now available at WIM.

Several members have trailed this product and reports are favourable!

**If you are interested you will do what is convenient.
If you are committed you will do whatever it takes.**