

## Women in Motion

NEWSLETTER FEB 09

**HAPPY NEW YEAR** and welcome to all new and returning members.

If you haven't already set goals for 2009 then now is the time. If you don't know what you want then how will you get it!? We can help you set and achieve your health and wellness goals weather they be lowering blood pressure, losing that extra roll, being able to walk without puffing or participating in your first City to Surf! What better way to **give it a go** than with a group of supportive like minded friends from WIM.

### CITY TO SURF

**SUNDAY 29<sup>TH</sup> MARCH \$10**

REGISTRATION packs are available at WIM studio so "round up" your friends and family and come join the WIM team in walking or running, it's all about fun! Let's make our team even bigger than last year. SPECIAL OFFER \$5 buys you a WIM t/shirt but they are limited so register NOW! Everyone's invited to join us at the Women in Motion site afterwards for refreshments.

Yes, **YOU CAN DO IT!**

There are 6km or 12km option.

### KIDDIES CORNER

To conform to Health and Safety Regulations and for the comfort of other members we must ask that you ensure your children remain in the play area set aside. We are currently looking at options of how we can make this area more secure and hope to have a solution VERY soon.

*What fits your busy schedule better- exercising one hour a day or being dead 24hours a day?!*

### HORNBY PHYSIO CARE..

Now located on the other side of Women in Motion. Kevin and his team are great, they will have you up and going, and sort out those niggles!

*We will be closed on the following PUBLIC HOLIDAYS*

*April*

***Easter Friday 10th-CLOSED***

***Easter Saturday normal hours 8.00-1.00***

***Easter Monday 13th-CLOSED***

***ANZAC Day- Saturday 25<sup>th</sup> - CLOSED***

*June*

***Queen's Birthday -Monday 1<sup>st</sup> -CLOSED***

### 20 WEEK CHALLENGE

The challenge has started with all 17 participants right into it with a hiss and a roar. Good luck in achieving your goals: Jean, Charlotte, Sandy, Fran, Nick H, Denyse, Emily, Lynn, Karen, Nick B, Anne, Delwyn, Kath, Linda, Rosie, Carol, Kathryn.

For a few of the ladies it is a big step to commit to the challenge, so good on you for giving it a go.

You will see some ladies having an individual personal session with a trainer, which may be part of the challenge or a paid personal training session, available for everyone.

Look out for our updates on how every body is doing with the challenge.

There will be various physical activities on offer to anyone that wants to join in over the 20 weeks so watch out for further info on these.

*"If you put a crouton on a ice cream sundae does that make it a salad?"*

### BIRTHDAYS, WEDDINGS AND OTHER GOOD STUFF!!

\*Melva, our eldest member who some of you have may have seen around the gym turned 90!!

Looking great and an inspiration to us all. Happy Birthday!!

\*Judy and Helen who celebrated (or not?) another significant Birthday.

To all our members who are celebrating birthdays in the next few months **Happy Birthday** and enjoy your day!



### Congratulations to:

Annameika, Joy, Gemma, Nicki who were recently married (not to each other!)

Janice McK who bet her time in the Kepler run. 8 hours 34mins from 9 hours ... last year.

***To all who have achieved their goals well done, keep going....***

***Small steps lead to big changes.!***

*The healthiest part of a donut is the hole – unfortunately you have to eat through the rest of the donut to get there!*