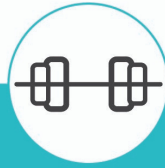


Find Balance

eat healthy · move daily · breathe deeply



Fitness Australia

BUSINESS MEMBER 2019

Newsletter
29th January 2021

LET'S CATCH UP

Rather than waiting until Xmas to get together, in 2021 we are introducing a monthly catch up. The first being a visit to the cinema for the new Aussie movie based on a true story

"Penguin Bloom"

Date: Sat 6th Feb

Time: 12.50pm

QUOTE of the WEEK



**"Good things come to those who wait.
Better things come to those who believe . . .
And the best things come to those who don't give up"**

BOOST your HEALTH



GOODMIX SUPERFOODS

New stock has arrived in new packaging!

- **BLEND 11** - protein, enzymes, omega 3's, antioxidants and fibre. Make bircher muesli, add to cereal or sprinkle on fruit and/or yoghurt
- **BLEND 13** - the perfect balance of fruits, seeds and nuts. The grain-free version of Blend 11
- **GREENS+ALOE** - boost your immune system and support gut health with supergreens and aloe vera. Add to smoothies, freshly squeezed juices or smoothie bowls
- **BURGER BIX** - create healthy veggie patties, gluten-free crackers or savory slices
- **BLISS BALL MIX** - raw cacao protein pre-mix for healthy bliss balls and biscuit slice bases

WELCOME

A big warm welcome to **Michelle, Lily** and **Sharon**, great to have your company at the studio. Welcome back **Jo** and **Vicki**, we've missed you!



HAPPY BIRTHDAY



Happy birthday **Chezley** (Sat 30th Jan), **Marilyn** (Sun 31st), **Roslyn** (Mon 1st Feb), **Julie M** (Tue 2nd), **Elodie** (Thu 4th), **Michelle P** (Mon 8th), **Kathleen** (Tue 9th), **Jean** (Wed 10th), **Stewart, Rachel W** and **Michelle C** (Thu 11th), **Natasha** (Fri 12th). Enjoy!

NEW TIMETABLE

The summer holidays are coming to an end. Our new timetable (see attached) starts **Monday 8th February**

RECIPE of the WEEK

Power Smoothie Bowl

A great brekky alternative



Ingredients

- 1 cup unsweetened plant milk
- 2/3 cup frozen or fresh mixed berries
- 2/3 cup frozen or fresh mango
- 1 large handful of spinach leaves
- 1 heaped tsp **GoodMix Greens+Aloe**
- 1 heaped tbs coconut yoghurt
- 1/3 cup activated GoodMix Blend11
- 6-10 ice cubes

Method

1. Blend until smooth.
2. Top with extra Blend 11 or a muesli, coconut yoghurt, berries and a spoonful of nut butter for added protein.

NEXT WEEK'S WORKOUT

COMBO XPRESS

Mon & Fri: 6am, 7am, 9am
Tue & Thu: 4.30pm

LOW IMPACT

Mon & Fri: 9.00am

YOGAFIT

Wellness Wednesday
6.00am and 9.00am
4.30pm and 5.45pm

WALK GROUP

Tue: 9.00am - meet at the Jetty Headland

COMBO XPRESS



1st - 5th Feb
Gym Machines

Lyn Reid
Certified Nutrition Coach and Personal Trainer
Mobile 0403 155 150