

WELCOME ALL!

We hope you like the new look and feel. More of that later.

We are aiming to bring you a newsletter approximately quarterly providing you with snippets of information and special offers.

If you need any further information or have any queries on any of the items within please just ask. We are well into '08 and we hope you are following all those new years resolutions?

Do not delay and put off till tomorrow what you can do today, because tomorrow may be too late!

"How do I know everyday is a GREAT day? Try missing one!"
 Tommy Hafey, former VFL player, AFL coach and 70+ year old fitness guru

FIT FOR FOOD

Energize Yourself

Bananas gives an instant, sustained and substantial boost of energy.

One banana can give you enough energy for a 45 minute workout. So grab one before you do your workout.

The power of the banana has also shown to help with depression, anemia, constipation, calm the nerves, lower stress, reduce PMS and morning sickness, increase brain power and reduce the risk of high blood pressure and stroke. The peel of a banana has even been proven to help clean your leather shoes! See below for our wonderful Banana smoothie. For more great information on bananas and more recipes refer to www.bananas.com.



FIT FOR YOU

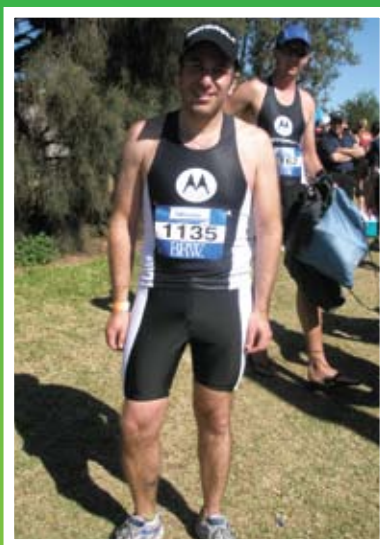
OUR STARR!

Back in the winter of 2006 we brought to you one of our "star" trainees – Gary Starr.

Gary had nearly lost 30kg in about 3 months. Well we wanted to tell you where he is now. Just have a look at the pictures and you can see for yourself.



BEFORE starting training @ Fit for All - Nov 04



AFTER the BRW Tri in Feb '08

"Gary trains with us once a week..... and at LEAST 3 times (walking, running, swimming, riding and/or weights) a week.

On top of that Gary will run about 2-3 times a week for 6-8km. He has also taken up bike riding and completed the 80km ride through the Barossa Valley (this was the juvenile Diabetes Research Foundation "Ride for a Cure").

Gary also undertook the BRW Corporate Triathlon

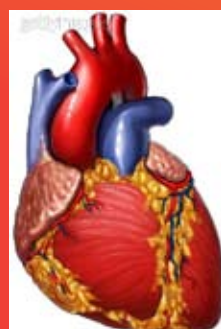
FIT FOR ALL

Fitness Levels can Predict Heart Problems

A large study, reported in the American Journal of Epidemiology, suggests CV fitness may predict the odds of heart disease in men and women who show no signs of such problems.

Researchers found that those who showed the greatest endurance on exercise tests had the lowest risk of suffering a heart attack or stroke over the next 10 years.

We all hear that we should do at least "30 minutes of strenuous exercise" every day. These findings give more credence to this advice. So get to it!



Our New Look

Late last year we assigned the help of Paper Stone Scissors to come up with a new look and feel for our logo. They have done a remarkable job as you can see in the newsletter and from the picture of the Fit Mobile below.

Our new web site will be here very soon!



BANANA SMOOTHIE RECIPE

This is my absolute FAVOURITE!

Ingredients

- ½ cup low fat or soya milk
- 1 banana (preferably organic)
- A few fresh or frozen berries
- ¼ cup plain or fruit yogurt
- 1 teaspoon honey

How to

- Cut-up bananas into a blender and add milk.
- Place in freezer for an hour (bananas ferment).
- Add berries (or any other fruit).
- Add honey.
- Add yogurt (optional).
- Blend and serve with straw.

Absolutely delicious and great for you. I have this for my desert most nights. However, you can have one for breakfast, for a snack during the day, with lunch etc.

Blueberries are one of the highest form of antioxidants around. To learn more on the power of this wonderful fruit please stay tuned for our next newsletter.

FREE SESSIONS

Think a family member... could do with some help improving their fitness, strength, health, well being and/or needs some help losing a few extra kilos then

Just email Dave their details and we will do the rest. NB. Offer ONLY valid to the end of autumn (end of May).

Fit 4 Food Frozen Meals Autumn Specials We don't ONLY provide low fat food but food that tastes great and is good for you.

Chicken with White Wine and Oregano	\$25
Arabic Fish Stew	\$25
Meatballs and Risoni in Tomato Sauce	\$22
Spinach and Ricotta Canneloni	\$20
Lamb Rogan Josh	\$25