

Welcome all to our tenth DDF Newsletter.

Some of you may already be aware that we are trialing new trading hours on Thursdays.

Dan's Direct Fitness is now opening at 12pm and closing at 5pm on Thursdays until further notice. We apologize for any inconvenience caused to our members as a result of this trial. Please feel free to express your concerns either to our staff or the suggestion box located in the cardio room.

Please remember to care for the studio as it was like your own because if equipment keeps getting damaged, prices will have to go up.

DDF STAFF

Dan Lester – Owner / Operator

Dan is the owner of the studio and is a qualified personal trainer.

Bridget Porter – Newest Staff member

Bridget is almost fully qualified in personal training. She is starting to train people now to help with her experience. So welcome Bridget to the team.

MEMBERSHIPS

Our member recruitment offer is still running.
So if any current members have friends who want a gym membership, please bring them in. For every person a member helps sign up, we will add an extra week to their current membership.

JOIN THE FUN

We still have entry forms for the city-bay fun run being held September 21st. Grab one and just check it out, if you're not keen this year it could be something to work towards for next year!

GOODBYE WINTER, HELLO SUN

Winter is over and I think I speak for a lot of people (bar some) when I say, IT'S ABOUT TIME!
A big pat on the back to those of you who barely faltered with their training, it can be hard to keep motivated at times during the cold and wet.
However with the sunshine comes renewed motivation!

HEALTHY EATING TIPS

Hard to think of something quick and healthy to whip up at tea time when you're extremely busy? Try to set aside a little time (far from dinner time!) to find 3-6 quick but healthy dinner/lunch options to post on your fridge. It will save you time and brain power.

Spring Competition

Dan's Direct Fitness is thinking of running another Body Challenge this Spring!

We are gathering names from people interested in participating in the 12 week challenge. Just check the front desk for the name list.

It's a great way to get into the shape you desire for Summer! You have nothing to lose, except maybe a few centimetres.

Make it fun and enter with your partner, friend or relative. It's a great way to bring out your competitive streak and keep you motivated.

It'll just cost a small fee to enter, but there will be prizes and satisfaction from all your hard work. Give it go! Write your name on the list today!

Wanted: Your Stories

We need more stories from you, our members, in our newsletters. Your stories help to inspire and motivate other people who use and are part of this gym. Especially for those who are rather new to the gym or exercise in general. If you would like us to print your story in the monthly newsletter, write it down and hand it to Dan (or Bridget on Thursday's). It would be greatly appreciated!

WEIGHT TRAINING

Weight training is the key to a strong aesthetic physique. Weight training is different to cardio training in that your body grows and repairs when you're not lifting weights, so you should have a minimum of 4 days rest before training the same body part again.

That's why our programs are designed so you train certain body parts on certain days of the week.

Products to check out

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| Protein Powder From | \$75 per tub |
| Choc protein Bars | \$5.00 per bar |
| Ready to drink Protein | \$5 each |
| V Energy drinks cans | 2 for \$4.00 |
| Shake N Take Protein (Night time & HP+) | \$5.00 Each |
| Pre Workout Fuel | \$45.00 |