

Welcome all to our very first DDF Newsletter.

This newsletter will be packed full of articles, healthy eating tips, workout pointers, client progress and much more, to give you, our clients, a more personal experience when coming to the gym.

Remember, 'You have to move it to lose it'.

Enjoy!

UP AND COMING

We all know Christmas is just around the corner and this will be our first Christmas in our new Studio and we are excited to invite you all to a Chrissy Get Together

To be held on
Saturday 8th December
Starting at 12 noon.

So come down and grab a snack (low fat of course!) and join us for a Chrissy drink.

Hope to see you there!

DDF STAFF

Dan Lester – Owner/Master Trainer



- Certificate III and IV in Fitness
- Qualified Master Trainer.
- Accredited in Bodybuilding and Contest Preparation
- Weight-training full time for 8 years.
- First aid and CPR training

Nadene Megson – Personal Trainer

Nadene is our newest member to the team and she is a fully accredited Master Trainer who is also trained in AquaRobics.

Nadene is our Mobile trainer. Training you in your home, office or gym. Nadene can be contacted on 0421 925 972 or locron@bigpond.com

HEALTHY EATING TIPS

Eat less, more often.
Your metabolism works at a faster rate if it knows its getting fed regularly.
So by eating smaller meals 5 or 6 times a day you will increase your metabolism and in turn loose fat while increasing lean muscle.

Contacts: Dan Lester 0400 089 228

- Nadene Megson 0421925972

YOUR STORIES....

Client: Katie Lester

Start Weight: 86.9kg – 38% Body Fat

Member since: Jan 2007

Goal Weight: 61.5kg – 16% Body Fat

Current Weight: 64.9kg – 19% Body Fat

My new years resolution for 2007 was to get fit and healthy. Enough was enough! I was overweight, exhausted and miserable. So I signed up with DDF and started from the bottom, and have been working my way up since.

January 2nd was my first Personal Training session and about 5 minutes in; I thought I was going to die. Three times a week with Dan got me moving and motivated. With monthly weight in's to keep me focused, I was able to keep track of where I had come from and where I am heading. I have lots 22 kilos so far, and while I only have a few more kilos to loose, I still exercise just as much as I did when I started.

Dan has given me great support along the way, not only with working out, but with my eating plans and how to still live my life without feeling restricted.

I know that I can still go out for tea or have a night on the town every now and again, but I know that I just have to do an extra 15 minutes exercise to make up for that. I'm never too strict on myself because I think I would lose interest and motivation to easily. I just make sure I am consistent.

I never thought I had it in me to achieve so much. I have found a strength inside that I never knew existed, and I have many people to thank for helping me along the way. Especially Dan. I hope that I can now be an inspiration for others who are working at it to, and I want to be able to pass on the Fitness Bug that I seem to have caught.

Thanks guys for all your encouragement and comments. It means a lot to hear them.

Check out my profile and pictures at www.bodyspace.com/Slim84

THE LESTER PRINCIPLE

LONG SLOW DISTANCE TRAINING

- Brisk walk for 45 mins

EXHAUSTING METHOD

- Train larger muscles first

STRIPPING METHOD

- Pump out reps while dropping down the weight

TRAINING INTENSITY

- Train hard/heavy then go home

EAT LESS MORE OFTEN

- 5-6 small meals a day

RECOVERY

- Growth comes from rest

Products to check out

Max's Hydroxy Phase Protein Powder

\$100 per tub

Choc Fudge Bars

\$5.00 per bar

Ready to drink Protein

\$5 each

V Energy drinks cans

2 for \$4.00

Wheat Bags –Large

\$12.00

Max's Shake bottles

\$10. Each