

Welcome all to our second DDF Newsletter.

We'd like to thank everyone for their continued business throughout last year and we look forward to helping you all achieve your New Years resolution goals this year.

NEW GYM PHONE NUMBER 08 83961888

AFTER HOURS NUMBER 0400 089 228

Have a great 2008!

UP AND COMING

There will be a challenge coming up in the next month or so, as to who can achieve the best results over a 12 week period, with great prizes up for grabs. So please register your interest.

Cancellation Policies

This year there will be a **No Tolerance Policy** for last minute cancellations / no shows or silly reasons for not wanting to train. If you have appointments booked, please honor them.

You will be charged, **no excuses**. Our prices are too low to be messed around continuously. Please do the right thing by us, as we do you.

DDF STAFF

Dan Lester – Owner / Operator



- 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 – Mobile Personal Trainer

Nadene is our newest member to the team and is a fully accredited Master Trainer who is also trained in AquaRobics. Nadene has her certificate in Punch fit and Kick fit Training. So watch out she could kick your butt!!!

Nadene is our Mobile trainer, she comes to your home, office or gym. Nadene can be contacted on 0421 925 972 or locron@bigpond.com

HEALTHY EATING TIPS

The best meal you could ever eat is, baked chicken breast (no skin), boiled broccoli and sweet potato. These three cover all the macronutrients and send them exactly where they need to go in the body. For a great calorie counter go to:
[www.calorieking.com.au!](http://www.calorieking.com.au)

Massages

Had a good session at the gym? Need to relax?

Come and get a relaxing or deep tissue massage from \$40 for 45 minutes. See staff for details.

A few thanks

Thanks to all of you that attended the studio Christmas party.

We had approximately 40 people there at any one time.

All who attended had a great time, and it was great to see all your friendly faces, meet some of your families and chat to you all. Thanks for making it a great day.

New Trainers

This year we're hoping to get in a couple of new trainers.

This will benefit clients in getting the time slots that work better for you, if required. Stay tuned!

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

\$105 per jar

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

H2Go Water

\$ 2.80