

Welcome all to our fourth DDF Newsletter.

Welcome to Andrew Weckert our new Massage Therapist. Andrew is a ballroom dancer; amateur & professional sprinter and has won the Centaury Bay Sheffield and is the coach for the state woman's cricket team.

Andrew is offering \$25 for 30 minute massages if your interested please contact him on 0407 719 869 or ask Dan. Massages will be done in the massage room.

## 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 mobile trainer who can train you at home, office or gym. She is a fully accredited Master Trainer who is also trained in AquaRobics and has her certificate in Punch fit and Kick fit Training. So watch out she could kick your butt!!!

So if you have any friends that don't want to come to the gym Nadene can be contacted on 0421 925 972 or [locron@bigpond.com](mailto:locron@bigpond.com) to book a time.

## PROMOTIONS

The Ultimate body challenge has started and will be judged on the 26<sup>th</sup> May. Good luck to all you who have signed up. Prizes will be announced soon.

## MEMBERSHIPS

### *Were on member recruitment.*

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 there current membership.

## **EGG WHITE BITES**

*Try this for easy protein in the mornings:*

Sunday night prepare a lightly greased muffin tin. Crack 12 eggs (4 yolks/ 12 whites), add cherry tomatoes chopped, seeded, drained and Mix well. Poor ingredients into tin and sprinkle with basil to taste. Cook Sunday night and microwave as needed during the week.  
Mmmmmm

**Contacts:**

Dan Lester 0400 089 228

- Nadene Megson 0421925972

**YOUR STORIES....**

**Client: Rosemary Robins**  
**Training since: March 2007**

When I first new Dan was going to be knocking on my door I was excited, hopeful and scared. My son had been good enough to seek out Dan and believed if anyone could get his mum moving, he could. It was the day before my 60<sup>th</sup> Birthday and due to a lot of illness in my life I had become very unfit. It was not for the want of knowing what to do, I just couldn't seem to get myself moving.

The first mourning involved many challenges. Getting up early, meeting Dan for the first time (and not knowing his expectations), and getting through the 'workout '. Dan arrived and suggested we started off with a brisk walk. My dog was more excited than me but we got to the end of the street and back with out any mishaps. When he left I was exhausted and spent the rest of the day feet up in my recliner.

That was almost 11 months ago now and Wednesdays are nicknamed ' Danday '. I go to the gym, do 15 minutes warming up, do a long brisk walk with Dan always 2 steps ahead, do weights, cool down and then go do something else for the day. I can carry bags without pain, work in the garden and not feel like collapsing and take my dog for long walks. No I haven't lost a lot of weight, but I feel strong enough both physically and mentally to give it a real go.

So lots have changed since that first mourning, like I ride my bike for 30 minutes almost every day and constantly brag about being able to curl 10kg dumbbells. Physical strength is important for everyone, and more so as we become more mature in age, and as Dan says "where the mind goes the body follows".

My mind is made up, 2008 will be a year of challenges but with Dan to encourage me I will meet them head on. This year I am going to attempt to trek through Kadoka so I will let you know how I go. My name is Rosemary and that was my story.

**TRAIN LIKE YOU**  
**MEAN IT!!**

1. Choose a program and stick with it.
2. Don't change your training Philosophies, pick one and stick with it.
3. Train like every session was your last. Think of the people who can't train.
4. Get in and get out. Don't get caught up talking and wasting time.

**Products to check out**

Protein Powder From	\$75 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
Shake N Take Protein (Night time & HP+)	\$5.00 Each