

Welcome all to our fifth DDF Newsletter.

We would like to welcome our newest members to Dans Direct Fitness Studio who have signed up over the last couple of months.

Andrew Weckert our Massage Therapist 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.

## PROMOTIONS

To everyone participating in the The Ultimate body challenge you are already a third of the way. Keep up the motivation and imagine how you will feel when you achieve the goals you've set for yourself. Remember, judgment day is 26<sup>th</sup> May.

## 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.

## 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.

## HEALTHY EATING TIPS

Try swapping your routine morning coffee for hot water and freshly squeezed lemon juice. It will warm you up during the cold season and the lemon juice will help kick start your metabolism for the day. If you prefer a little bit of sweetness add half a teaspoon of honey.

**Contacts:**

Dan Lester 0400 089 228

- Nadene Megson 0421925972

## **YOUR STORIES....**

**Client: Bridget Porter**

Start Weight: 68kg

**Training since: May 2002**

Goal Weight: 52kg

Current Weight: 61kg

My fitness journey has been rather up and down I would have to say. A couple months after having my 1st child, I saw photo's of my friends' party picturing me with a face as round as the moon! I knew I had gained weight but didn't realize I looked that way. I didn't look like the person that I thought I was. Funny how your true form is revealed in photos and not the mirror you use everyday.

That same day I began researching healthy foods and how much exercise I would have to do to lose the 18kg I had accumulated during, what seemed like, a blissful pregnancy of eating whatever I liked. After 2 weeks I had lost 3.5kg and was hooked! I never craved junk food and if I missed a day of exercise I felt like I had wasted the day and would try to make it up the next.

By my 2<sup>nd</sup> pregnancy I had lost all the weight and was back to 50kg. I ate healthy and went walking most days. After the birth of my 2<sup>nd</sup> daughter it only took me 1 month to get back to pre-pregnancy weight which I maintained, as well as my fitness, for 2 years despite a hard break up with my ex-partner. I was even looking into becoming a personal trainer, but had to put the idea on hold when I received the news that my Mum was terminally ill.

I moved back to my parents with my children to help my Dad, recovering from heart surgeries, care for my Mum. Maintaining fitness and my goal weight became non existent. It was replaced by sleep when I got the chance to have time to myself because I was exhausted and stressed and didn't feel like going out. To cope emotionally I ate and the McDonalds drive thru seemed like an easy option for a not so easy and complicated life.

My Mum lost her battle with cancer on February 6<sup>th</sup> 2007. To cope with the pain I started exercising again to keep busy but my emotional eating got worse and I had gained back 13kg. I tried to lose the weight again but kept sabotaging myself with food when I got upset.

It slowly began to get better when I decided to start studying to be a personal trainer. I started sessions with Dan and did a few group classes per week. I still struggle at times but have more control. I tell myself that if I eat that half block of chocolate to feel better I will only feel 10 times worse after. Improving my fitness is now my #1 priority (although losing weight is still on the list). To me, being fit and healthy opens up so many possibilities and opportunities making life more enjoyable.

I now also look forward to beginning my personal training career here at Dans Direct Fitness, and getting to know and help everyone who comes here with the same wish as I, a happy, healthy, fun life!

## **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**

**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 \$5.00 Each  
(Night time & HP+)**