

Welcome all to our seventh DDF Newsletter.

A lot of you are now starting to see the benefits of your hard work. Remember diet is the key to a great body. You can train till your blue in the face but if your diet isn't 80% right you're probably wasting your time. Diet is key, have the mind set that what ever you put in your mouth has to be for a reason.

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.

## Ultimate Body Challenge

And the winner is.....

### Michelle McShane

She has lost 5 kilos and dropped 3 % body fat in the last 12 weeks.

Runner up is:

### Mario Borg

Who has gained muscle while dropping body fat and increasing his bench press by 20 kilos

CONGRATULATIONS to both of you and to all that gave it a go.

Both have won a one month membership, cash and other stuff.

## 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.

### HEALTHY EATING TIPS

The best fish to eat for weight loss is Whiting, as long as it's not cooked in fat. Whiting is very low in kilojoules, fat and rich in protein and tastes good when baked in aluminum foil with lemon juice and herbs. Serve it with your favourite salad mix or steamed veggies.

**Contacts:**

Dan Lester 0400 089 228

- Nadene Megson 0421925972

**YOU'RE STORIES....**

<b>Member:</b>	Sam Prosser	Start Weight:	75kg
<b>Training since:</b>	December 2007	Goal Weight:	85-90kg
		Current Weight:	80kg

Its probably a bit rich calling it a “story” as I’ve only been working out at DDF for the past 6 month but none the less it began early December last year...My first visit was brought about by my cousin who had been telling me about a cool new gym in the backstreets of Ridgehaven. Although I have had aspirations of becoming bigger and stronger for quite some time I was nervous about lifting weights in front of people as I was self conscious about being scrawny. After my first workout I realised two things...The first was that I couldn’t move and the second was that DDF was different to other gyms as there aren’t any judgemental eyes watching you as you work out. When I purchased my first one month membership I could barely bench press 30kg and struggled to finish a set of sit ups on the ab-board (on the low setting!). Since then I have been coming three times a week, whether it’s at 6:30am before school or at 6:30pm before sitting down for dinner. Now I can bench 3 times my starting weight and can do three sets of sits up on the ab-board on the hardest setting with a 15kg weight on my chest. Since working out at DDF I have put on about 5 kg and now weigh 80kg. My future goals are to achieve a noticeable six pack and to increase the size of my chest, not to mention becoming bigger like my inspiration Dan. That’s my story.

**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 protein 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+)**