



www.runawaybrides.com.au

July 2009 Newsletter

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Welcome to the July edition of the **Runaway Brides** Newsletter!

What a month June has been! Although the weather has been less than great we have seen some amazing "Brides to be" out there training in an effort to glow for their BIG day. A special **CONGRATULATIONS** to Mary who left Perth last week for her wedding in Bali. Looking absolutely magnificent after an intensive 6 weeks of training Mary was truly an inspiration to us all. No session was too hard, even in the rain, and we never saw her wanting to give up. We wish Mary and Paul all the best in their life together.

The good news is that we have only 8 weeks of winter left. So now is the time to get moving if you have that spring/summer wedding. Even better news is that we have expanded our services and have packages to suit all. That means we have been able to reduce our prices, which we know will be music to your ears!

We hope that this newsletter finds you all well and surviving the winter.

Yours in health and fitness,

~Tegan and Justine~

Check out our website for our great **NEW** packages & then **CONTACT US** today for our awesome **NEW** prices!

You will be amazed at how affordable private group training really is! And don't forget our **10%** Winter Warmer Special is still running!!!!

SPECIAL OFFER

The **FIRST 5** people to email us at: info@runawaybrides.com.au and write the words

"I want to be a Runaway Bride" in the subject line will receive a 15% off voucher!

Applies to all packages!

Empress Photography



Runaway Brides would like to recommend Tammy from **Empress Photography** for your Wedding Day. Tammy's website says it all!

www.empressphotography.com.au

See the links page at www.runawaybrides.com.au for a special offer from Tammy.

STEP UP FOR MS

"The Running of the Brides"



(L-R: Chrissy, Tegan, Justine & Cath)

On 7th June **Runaway Brides** participated in **Step Up For MS**. This awesome event started at the bottom of the Central Park Tower in Perth and finished a huge 53 flights of stairs (1096 stairs to be exact!) later.

By participating **Runaway Brides** helped raise money for thousands of Western Australians living with Multiple Sclerosis. It was a wonderful morning and so many great people took part.

Our next big race to prepare for is Perth's City to Surf – August 30th 2009. Come join us!

BREAKFAST?

Yes it's true - breakfast is officially the most important meal of the day. Despite this we often neglect it for all sorts of reasons. Eating breakfast not only aids to boost our metabolism but it also fuels the body to provide more energy and better concentration throughout the day. This is vital for the busy life of a Bride to be!

Here is our favourite breakfast recipe:

Low Fat Banana Berry Smoothie

- 1 banana
- ½ cup mixed frozen berries
- ½ cup low fat milk
- 4 tablespoons fat free vanilla yoghurt
- 2 teaspoons honey
- Handful of ice cubes

Method: Put all ingredients in a blender and blend until smooth. Serves two.

Tip: Swap banana with mango for variety.

