

# Runaway Brides Newsletter

Edition: June 2009

[www.runawaybrides.com.au](http://www.runawaybrides.com.au)



The Mother's Day Classic was held on Sunday 10<sup>th</sup> May at Lake Monger Reserve, Wembley. Our esteemed Personal Trainer and creator of Runaway Brides, Justine McInerney, took part in the 7km event.

Over 3000 entrants participated in this event that raises money for Women's Breast Cancer.

Justine commented that it was a wonderful event, and that it was great to see men, women and children of all ages participating.

**“Healthy Body =  
Healthy Mind =  
Healthy Marriage”**



**Winter Warmer Special  
10% off all Boot Camp Prices!!**



## Training in Winter:

Did you know that the “winter blues” is actually a commonly diagnosed problem called “Seasonal Affective Disorder”?

People who have normal mental health for most of the year experience depressive symptoms in winter.

To combat these winter blues Runaway Brides recommend people maintain a regular health and fitness regime!

It's difficult to stay motivated when it's raining outside but warm & cozy inside so here are some tips:

**1. Try group fitness training.** There is nothing like training with a bunch of likeminded individuals to keep you motivated.

**2. Make a commitment!** Buy a 6 or 12 week package. You are more likely to attend if you have made that financial commitment.

To help keep the winter blues away Runaway Brides are offering **10% off all 6 and 12 week packages including the popular “Brides, Babes & Blokes” Bootcamp!** Just mention this newsletter when you make your enquiries.



**Fruition Beauty & Body Therapy, a renowned boutique salon located in Mt Hawthorn is offering all Runaway Brides subscribers:**

**50% discount on any treatment on Monday with this voucher!**

Contact Fruition today on 9443 5991!

[www.fruitionbeauty.com.au](http://www.fruitionbeauty.com.au)

Valid for the month of June.

**If you have a spring or summer wedding it's vital to start your health & fitness regime now!**

**There are only 12 weeks until Spring!**

**“If it's raining we are training!”**

**So contact us now for your free Boot Camp trial and get your program started today!!**

## Runaway Brides Top Ten Wedding Fitness Tips:

1. Start early! We recommend at least 3 – 6 months. 12 months is perfect!
2. Set realistic & achievable goals.
3. Reach out for support.
4. Adopt a balanced & nutritious diet, low in saturated fat.
5. Avoid drastic diets & don't skip meals.
6. Combine cardio & resistance training & find an activity you enjoy.
7. Make exercise an integral part of you week.
8. Limit alcohol intake.
9. Use exercise as a way to de-stress, not just lose weight.
10. REWARD yourself when you reach set goals.

### BONUS TIP:

You only wear your dress once  
BUT you wear your body for  
LIFE!

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