



Welcome to our special Festive Season edition of the **Runaway Brides** Newsletter!

In it you will find helpful tips to survive the Christmas season and still maintain the hard work you have been doing in addressing your health and fitness. There is also great exercise advice and a way to overcome those excuses you may have been using for some time. You will also find a yummy but low fat Christmas treat to surprise your family and friends with not to mention a great special to help you financially embark on your fitness routine.



Read on to be inspired by some of our wonderful brides to be – they are truly amazing, their motivation is outstanding and their enthusiasm to make change is admirable.

Yours in health, fitness & the Christmas spirit,
-Tegan and Justine -

Top advice to help the weight stay off over the Silly Season:

- Plan ahead:** most weight gain over Christmas and New Year is due to impulse eating – Christmas functions, work lunches, parties and office celebrations. Plan around these – eat a decent dinner before a cocktail function and you are less likely to snack during it. If you are out for lunch then plan a light dinner. It's that simple!
- Identify your triggers:** Is it fruit mince pies, pudding or Christmas sweets that causes you to indulge? Don't deprive yourself but learn to limit these so you don't just eat them simply because they are there.
- Exercise:** As much as possible maintain your exercise regime throughout the season. Where possible try and plan your exercise session before a party or meal. This will help keep your metabolism working as well as sustaining your level of fitness.
- Drink lots of water:** This is especially important as alcohol intake can increase over this period. Stay hydrated!
- Portion control:** Enjoy your food but limit your portions and stop eating when you are full.
- Don't skip meals:** When you skip meals you generally give in to unhealthy snacking, which makes you put on weight. So eat in moderate amount but don't skip any meals.

An Inspirational Group of Friends



(L-R: Rachel, Di, Morgan, Mary-Ellen)

Hi Tegan & Justine

"I would like to recommend Runaway Brides to any bride or anyone who wants to get fit. I started off very unfit as I had an injury. Tegan & Justine were wonderful. They were very motivating and supportive in my attempt to get fit and lose weight for my wedding. I asked several of my girlfriends to train with me which made the experience even more enjoyable. I am still training and now feel disappointed if I miss a session. You def won't regret investing in your health and fitness".

Mary-Ellen



Runaway Brides are pleased to announce the recent sponsorship of De Bortoli Wines. If you haven't tried a De Bertoli Wine then we suggest you do. We highly recommend their new Emeri range.

"Delight in the fresh sparkling flavour and musk aromas of De Bortoli's Emeri Pink Moscato. There's no need to wait for the celebration when you can be the celebration. One sip makes life feel so very Emeri."

www.debortoli.com.au



Runaway Brides would like to announce the amalgamation with **Natal Health & Fitness**.

What is **Natal Health & Fitness**? A unique personal & group training business serviced by Justine McInerney, WA's only advertised personal trainer & Midwife. Natal Health & Fitness specialises in Pre-conception, Antenatal and Postnatal fitness clients. Justine has over 16 years experience in the health care industry and holds a passion for women's health, fully understanding the physical and emotional demands that achieving conception, pregnancy and birth have on the body.

Group Training, Mother's Groups and One on One sessions available now!

Contact Justine today on 0438 195 258 for more details.

Circuit Training

At **Runaway Brides** we **LOVE** circuit training.

Why?

The reason being is that it combines cardiovascular activity with resistance and toning exercises. Circuit training is easy and effective and it can improve your overall fitness very rapidly.

Where?

Circuit training can be done anywhere, at home, outdoors or at the gym.

How?

All you need is a skipping rope, some dumbbells or bands, a bench or chair and a mat. Choose between 8 and 10 exercises. Work to a high intensity for anywhere between 30 seconds and 2 minutes (depending on your level of fitness) per exercise. Rest for a short duration after each station and move on. Repeat circuit one or two times.

Circuit training is both physically and psychologically rewarding. Whatever your level of fitness, you can really push yourself and set your own goals.

SO if you want to achieve **maximum results in minimal time** try circuit training today!

We break down those top 5 excuses NOT to exercise:

1. **I don't have time to exercise:** there are 24 hours in the day and more often than not people will find the time to do something they enjoy within those hours. Not finding time is an excuse not to do something you can't be bothered doing. Make the time, set 30 mins aside and write it in your diary. You'll be better off for it!
2. **I have no energy to exercise:** doing nothing makes us feel lazy and therefore less energetic. Exercise has been shown to increase energy levels and leave people feeling better about themselves and more energized. So go on, get up off the couch and get moving!
3. **I hate the gym or it's too far from my house:** You do not need a gym to get in shape. In fact Perth has so many wonderful places to exercise, not to mention everything you do at a gym you can do at home. Buy a fit ball, skipping rope, dumbbells or resistance bands, some good shoes and there is no excuse not to begin today!
4. **I have an injury:** While you must be careful with an injury and take doctors advice, injuries do not have to stop you exercising.
5. **I don't enjoy exercise:** This is probably because you are out of shape and it feels very hard. Keep at it and the fitter you become the more you will start to enjoy exercise. Give it a go!

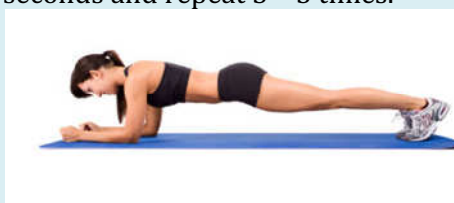
SO we must remember that excuses are **NOT** reasons. There are solutions to each of these excuses plus many more. Our advice is **NOT** to let those excuses get the better of you.

Do NOT let excuses stop you reaching your goals.

Move of the Month - The Plank

The Plank is one of our favourite exercises. If done correctly it is an awesome way to build the core and back muscles.

1. Lie face down on a mat resting on the forearms.
2. Push off the floor, resting on your elbows, up and your toes and pushing your heels towards the floor.
3. Keep your back flat and shoulders forward.
4. Contract your abs to prevent your bottom sticking up in the air.
5. Hold for 20 to 60 seconds and repeat 3 - 5 times.



Quote of the Month

"I felt great after the session, like I had actually done something.

Yesterday I felt like I needed a Zimmer Frame but today the pain is slowly subsiding.

What doesn't kill me only makes me stronger".

Gemma
"After Day One!"

A LOW FAT CHRISTMAS TREAT EVERYONE WILL LOVE!

Festive Ice-Cream Pudding

Not a fan of traditional Christmas Pudding? Then try this one for family and friends and you will be sure to wow them. We have chosen these ingredients but don't stop there – add whatever you please to make this an unforgettable Christmas dessert. If you are feeling naughty mix in some light mars bar or cherry ripe!

INGREDIENTS

2 cups dried mixed fruit
¾ cup toasted & chopped almonds
1 ½ teaspoons mixed spice
2 litres of fat free vanilla ice-cream
60mls brandy

METHOD

Place fruit in a large mixing bowl. Pour brandy over the fruit & leave for 3 hours. Add almonds and mixed spice. Fold together with softened ice-cream. Line a large pudding basin (or 6 individual ones) with plastic wrap and spoon in mixture. Cover with plastic wrap and freeze overnight. Enjoy!



CURRENT SPECIALS

BRIDES TO BE TRAIN FOR FREE!

Any Bride to Be that signs up a group of 4 or more (not including herself) for the Bridal Buddies Package trains for **FREE!**

NOT A BRIDE BUT WANT TO GET IN SHAPE?

No worries! Form a group of 5 or more and I trains for free.

VIP MEMBERSHIP

We reward our loyal & dedicated clients that have participated in 50 or more Group Training sessions **OR** purchased any One on One Personal Training package with a **VIP 15% OFF** membership.

REFERRAL INCENTIVE

Any member (currently participating in a group training package) that refers a friend who signs up for a package of 6 or more sessions receives a **FREE** gift (valued at \$20) **PLUS** an extra session added to their current package.

Group Training Sessions take place every Monday, Wednesday and Saturday.
One on One, Two on One & Private Groups also available – we have a package to suit everyone's needs.
See our website for details on packages, prices & locations.

YVETTE
GRAY



Looking for a fantastic **Makeup Artist** for your special day? Yvette Gray's versatility, enthusiasm and down to earth nature has led to her being a highly regarded and sought after artist with clients across Australia and overseas.

At the moment Yvette is offering:

"A complimentary Galvanic Facial with every Wedding Trial booked by a Runaway Bride" (valued at \$60)

Contact Yvette today on 0417 002 758 or Email: info@yvettegray.com.au
www.yvettegray.com.au