



Welcome to our Spring edition of the **Runaway Brides** Newsletter!

For those of you who thought you had more time to shed those extra kilos to fit into your summer wardrobe we are bearers of bad news – Spring is here and that means summer is just around the corner. However, it is not too late to start making changes. By putting in a little extra effort now you will soon see the results you want.

In this month's newsletter we have some great tips on how to get off the couch and into your runners. We also have some great specials that will help motivate you to commit. So read on, enjoy and contact us today if you decide to take the plunge!

Yours in health, fitness and happiness,
-Tegan & Justine-

How Can You Get Motivated to Exercise This Spring?

How often do you tell yourself that you will start exercising tomorrow or next Monday or after a big event? Most of us can relate to this and can also relate to the fact that tomorrow rarely comes and if it does, it doesn't stay around for long! Setting a goal is great but without taking action this goal can't, and won't, be achieved.

So how do we get motivated and more importantly how do we stay that way?

Firstly you need the right mindset and once you have that you need a strong desire to succeed.

Some suggestions for succeeding include:

1. Recruit an exercise partner who is dedicated and likes the same activities as you do.
2. Set a reward for yourself once you reach certain goals.
3. Track your progress by setting a bench marking exercise such as push ups that you can revisit every 4 to 6 weeks.
4. Don't deprive yourself of your favourite food but remember everything in moderation.
5. Visualise yourself achieving your goal – strutting your stuff in a new bikini or wowing friends and family with your new body!



Woman of the Month – Mary-Ellen



I started training with Runaway Brides last September (2009). I won a 6 week training package for me and 3 friends at the Dusk Bridal Fair and I have been training ever since. I had found it difficult to start exercising and with the support of Justine and Tegan I actually started to enjoy myself and look forward to training each week.

It was a bonus that my girlfriends came with me and one of these was one of my bridesmaids. We motivated each other and felt committed to attend every week. I feel better than I have in years and have been enjoying the outdoors. My wedding was in April and although I didn't lose as much weight as I had liked I was more toned and energetic than before. I will continue to focus on my goal and have continued losing weight. I definitely think this is an excellent idea for Brides who want to tone up and lose weight before their wedding. You can work as hard as you like as everybody works at their own pace.

This Month's Engagements!

Runaway Brides would like to CONGRATULATE:

Morgan and Cameron

&

Maxine and Tim

These are two very special couples that have recently announced their engagements! Both train with Runaway Brides and are working harder than ever to prepare for the BIG day.



City to Surf – 2010

This year saw an amazing Runaway Brides team enter Perth's City to Surf. We would like to extend our huge congratulations to the following Runaway Brides who showed amazing courage and motivation to participate in this year's event:

- ❖ Maxine and Tim who ran the 12kms together.
- ❖ Morgan and Cameron who also completed the gruelling 12km course as a partnership.
- ❖ Rachel who ran the most she has ever run by completing the 12kms.
- ❖ Christiane and Hayley who represented Runaway Brides in the 4km distance.

All must be very proud of themselves, as we are of them!

Move of the Month: The Bicycle



Voted one of the top abdominal exercises the Bicycle is a great core workout to target those dreaded obliques. Best of all it can be done anywhere and at any time. So how can you do the Bicycle and get great abs?

1. Lie on the floor and place your fingers behind your head.
2. Bring your knees in towards your chest and lift your shoulder blades off the floor without pulling on the neck.
3. Straighten the left leg out while at the same time turning the upper body to the right, taking the left elbow towards the right knee.
4. Switch sides, bringing the right elbow towards the left knee.
5. Continue alternating sides in a 'pedalling' motion for 1-3 sets of 12-16 reps.

This exercise can be done in fast motion or slow motion – both are equally effective!

Recipe of the Month: Bircher Muesli Muffins

INGREDIENTS

1¾ cups self-raising flour, sifted
1½ cup untoasted muesli, plus extra to sprinkle
½ cup brown sugar
½ teaspoon mixed spice
½ cup low fat plain yoghurt
¼ cup low fat milk
¼ cup canola oil
1 egg
1 apple, skin on, cored, grated



HOW

1. Preheat oven to 180°C. Grease a 12-hole muffin pan.
2. In a large mixing bowl, combine flour, muesli, sugar and spice. Make a well in the centre of dry ingredients.
3. Whisk together yoghurt, milk, oil and egg. Add to dry ingredients with apple, mixing lightly until just combined.
4. Spoon mix into cases until 2/3 full. Sprinkle with extra muesli.
5. Bake for 20-25 minutes. Cool and store in an airtight container.

What's New With Runaway Brides?

Current Specials!

New customers can purchase any 5 Group Training Sessions for only **\$50** during the Spring months of September, October and November*

You are also entitled to a Free Trial Session.
That makes 6 sessions for **\$50!**

Just keen on Boxing?

Then purchase 5 sessions to Boxing & Balance for **\$50!***

*Conditions Apply: Special valid for new clients only and must be used within 60 days of purchase.

GIFT VOUCHERS
ALSO
AVAILABLE!



Proud member of and contributor to Gonna Get Married - great ideas and advice for the bride and groom to be
www.gonnagetmarried.com.au

Gonna Get Married is a not for profit resource site featuring contributions from Western Australia's leading wedding suppliers. These suppliers share a strong focus on providing quality services and products backed by the highest possible standards of customer service. Information provided on this site will help couples plan their weddings and ensure their special day is a complete success.

Wedding Open Day - Sunday 12th September 2010

Maria's On The Terrace - Fremantle

<http://www.gonnagetmarried.com.au/page/fremantle-wedding-open-day---sunday-12th-september-2010>

Register now and you will receive a complimentary show bag with special offers, discounts and product samples!



Natal
health & fitness

Are you pregnant, have you had a baby or are you trying to conceive?
and would like to get in shape?

Then **Natal Health & Fitness** can help you meet your goals.

Operated by Western Australia's only Midwife/ Personal Trainer, Justine McInerney **Natal Health & Fitness** specialises in Pre-conception, Antenatal and Postnatal Clients.

bsite for more details: www.natalfitness.com.au or contact Justine on 0438 195 258 or
info@natalfitness.com.au

Current Group Sessions

Runaway Brides Group Training Sessions operate between Kings Park, Leederville, Carine, Scarborough Beach and Winthrop. See our website for details or contact us today.



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www.runawaybrides.com.au