



~ **SPRING SPECIAL** ~

**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!**

**Welcome** to the September edition of the **Runaway Brides** Newsletter.

It's official! **Wedding Season is here!** The winter months are behind us, spring has arrived and you will be walking down the aisle before you know it!

The one question we get asked the most is **"how do I lose weight and do it quickly?"** Well girls we hate to break the news but there are no quick fixes in life. We promote starting early, achieving your goals safely and most of all continuing these changes well into years to come. It's about making health and fitness part of your daily lifestyle. Do this and we know you will have the skills and ability to live a wonderful, healthy and fulfilled life.

Yours in health, happiness & fitness,  
**~Tegan and Justine ~**



**2009 Perth City to Surf**

This year's City to Surf saw team **Runaway Brides** leave no Bride behind!

**Runaway Brides** entered a wonderful team of men and women who hit the pavement running with smiles and laughter. All reached goals they thought were never possible and their motivation was truly admirable.

We would like to send a huge **THANK YOU** to all of those that took part under team **Runaway Brides** - we very much appreciated your support and hard work!

**Top Tips for a Stress Free Wedding**



1. Delegate whenever possible.
2. Don't forget to remind the Groom that it is his wedding too!
3. Stick to a realistic budget.
4. Do not worry about what other people think. This is your wedding!
5. Don't stress about family issues that you can't resolve.
6. Focus on the most important thing – the MARRIAGE! This matters the most.



**Why engage in Group Personal Training to prepare you for your Wedding?**

- ❖ It provides you with a built in support system that gives you a wealth of encouragement & motivation.
- ❖ It lets you measure your progress against the progress being made by the other members of your group. This helps you reach goals you only dreamed of before!
- ❖ It saves you money but still provides you with the expert assistance of a Personal Trainer.
- ❖ It fosters greater self-esteem & confidence.

**AND**

Let's not forget just about all experiences are much nicer when shared with others!

**SO**

Grab those girlfriends and form a group of your own or join an existing group today!