

BEAUMARIS AQUA AEROBICS NEWSLETTER

January 2011



HAPPY NEW YEAR TO YOU ALL

Wow, where did the holidays go, I could have sworn it was Christmas yesterday!

Well, no matter how fast the festive season zoomed by, I hope you all enjoyed it.

I would love to express my sincerest thanks to those of you who gave me gifts for Christmas. And speaking of gifts, I would like to acknowledge those businesses who sponsored our end of year function. A huge THANK YOU for your valued support to:

Shehnai Tandoori Restaurant

Giraffe

Beaumaris Amcal Pharmacy

Contours

Badash Hair Lounge

Chivoe Hair

All of these businesses are located in/nearby the Beaumaris Shopping Centre.

I would also like to extend an invitation to aqua members who are currently *active* in classes on a regular basis to use this newsletter to advertise your businesses or to sponsor our

competitions/fundraisers. I would also like to give thanks to all of our volunteers who help me with moving lane ropes and pool cover at each class. Without your assistance, I would be struggling. So, "THANK YOU"

STAFF CHANGES at The Swim School. Most of you will have met our new Co-ordinator, Louise. She has replaced Caitlin, who was finding it difficult to juggle university and full time work. I'm sure you'll all join me in congratulating Louise, who has announced that she will be getting married this year :) I have been privileged to have seen pics of the gorgeous wedding gown and bridesmaids dresses and all I can say is WOW WOW WOW.

Badash Hair Lounge
Suite 3
58 Constellation Dr
Ocean Reef
(08)933 8333

MAKING WAVES. *Swimming is better than walking for fitness & weight control in older women, according to research from University of WA.*

10 CLASS AQUA PASSES. The 2 week Christmas/New Year break will be added to your expiry date, so that you will not be losing any classes. And a reminder of *Terms & Conditions* for these passes. Passes are valid for 3 months from date of purchase. Passes are NOT transferable with the exception of transfer to an immediate family member, in which case, the 2 (two) free sessions will be void. If you have been ill, this will be taken into consideration. These passes are for the use of those who attend on a regular basis, which is why they are cheaper. If you are not able to attend on a regular basis, then you will need to pay casual prices.

DATES TO REMEMBER *Australia Day* public holiday celebrations will be on Wednesday 26th January, so there will be no aqua class on that day. *Labour Day* public holiday will be on Monday 7th March, both 12 noon & 6.30pm classes will be cancelled for that day.

COPYWRITE MUSIC. Before Christmas, I had discussed with some of you that as from Jan 1st, my playlists would have to change according to the PPCA. You will be pleased to know that the Federal Court overruled this, thanks to Fitness Australia putting up a good legal fight. I have heard that the PPCA is going to appeal that decision. Until there has been a final decision made it's the good old music that we know and love that we will be aquacising to. I do have a selection of PPCA free music in case the decision is reversed.

GET MOTIVATED. Sometimes it can be very difficult to motivate yourself to start exercising. It's all too easy to find excuses for not being active or you may just feel overwhelmed by the prospect & have no idea where to begin. Here are some tips to get you moving:
SET YOURSELF GOALS – It's hard to motivate yourself if you don't have a goal or objective. Set yourself goals & decide how you're going to achieve them. Make sure your goals are *realistic*. If you try to achieve too much too fast, you can easily become disheartened and give up. **IDENTIFY YOUR KEY MOTIVATORS** – Think about

why you want to get moving. In addition to the great health benefits of exercise, there may be specific key motivators that are personal to you. These could include: losing weight, toning your body, feeling better, looking better, having more energy or exercising for charity. Whatever the top benefits are for you, constantly remind yourself of them to help keep you motivated. **TRACK YOUR PROGRESS** – Keep an exercise diary. Recording your progress can help you see how much you've achieved. Referring back to your diary can help motivate you to keep going. **EXERCISE WITH A FRIEND** – Find a friend to exercise with, or join a fitness class. Often exercising with others helps keep you motivated and encourages you to push yourself further. Not only that it makes exercising more fun! **MAKE EXERCISE ENJOYABLE** – Choose an exercise that you enjoy. If you hate running, try Aqua aerobics. Listening to good music makes a huge difference. If you enjoy your chosen activity, you are more likely to keep motivated and stick at it. **REWARD YOURSELF** – Make sure you reward yourself when you reach your fitness goals. You can treat yourself to a massage or a night at the cinema. Try not to reward yourself with food.

FOR MORE ON MOTIVATION go to my website, click on "newsletters", then click on January 2010.

<http://shirleyhowardaquaerobics.weebly.com> Also check out my new Blog on muscle cramps.

HARCOURTS
Jeanne Craven
0415 318 669
(08)9300 3344
jeanne@harcourtsgbt.com.au
www.gbt.harcourts.com.au

FUN FACTS #1 It takes approximately 150days for a human nail to grow from cuticle to fingertip. **#2** You use approximately 70 muscles to speak just one word. **#3** The surface area of the lungs is roughly the same size as a tennis court!!!! **#4** One quarter of the bones in the human body are in the feet.

FINAL NOTE FROM THE EDITOR'S DESK (that's me!) Now that we are heading into our peak period for aqua aerobics, it is advisable to book in

advance your chosen days for aqua. I also ask that if you cannot make it to a class that you have booked, please either phone or text me (0414 411 921)ASAP, so that I can open up a space for someone else.

I have not forgotten those of you who are keen on HYDROBALANCE classes. I have yet to get a firm date for this, however I am thinking of a Sunday late afternoon. I need to confirm with The Swim School before I can go ahead. And also a note on staying safe in the sun....don't forget to SLIP SLOP SLAP. There is also more information on sunscreens in January 2010 newsletter, which can be accessed through my website.

Does anyone have a Canon Pixma multifunction centre? I have 3 x black #8, 1x cyan & 1 x magenta colour cartridges (all still unopened) for sale \$50 for the lot. Phone me if interested :) 0414 411 921

ENOUGH

May you always have enough HAPPINESS to keep you SWEET
enough TRIALS to keep you STRONG
enough SUCCESS to keep you EAGER
enough FAITH to give you COURAGE
and enough DETERMINATION to make each day A GOOD DAY

Anonymous

(Denise) Lyon Dip.TAA, M.HNLP , Hypnotist
Humanistic Neuro Linguistic Psychology
training and coaching courses
Conveys new approaches to the self
development of business organisations

Registered Training Organisation

0466 038 696 (08) 9300 8862

legendaryleader@legendarytraining.net
www.legendarytraining.net

SILVER CHAIN

Kim Skett

Clinical Nurse Consultant

0407 722 741 (08)9242 0242

kskett@silvershain.org.au