



WELCOME TO OUR

Monthly Newsletter



We are almost 1/4 through 2024, time flies when you're having fun right? We are pumped to show you what we have coming up in the next month, especially with our 8 Week Super Charge Challenge rolling out verrrryyy shortly! Plus we have Mother's Day! So have a scroll through and let us know what you think!

- Cal



In this newsletter you will find:

latest updates, member wins, free resources, tips and more. Keep Reading!



Monthly Health Tip

THE NUTRITION BREAKDOWN | CALLUM ROEBUCK

We have been spending a lot of time chatting with our SF members and the local community and it has given us a big insight into what we do and don't yet know. A lot of the information that surrounds nutrition isn't taught to us, so unless we are doing extensive research how are we supposed to know? Yes it's easy to tell whether or not something is healthy or not but there is much more that goes into it. So let's take some time to dive into the basics shall we?

Do you know what a MACRO is?

A macro (short for macronutrient) refers to the three main components of food that provide energy to our bodies: carbohydrates, proteins, and fats. Each macronutrient plays a different role in our diet:

- **Carbohydrates:** These are our body's main source of energy. They're found in foods like bread, pasta, rice, fruits, and vegetables.
- **Proteins:** Proteins are important for building and repairing tissues, as well as for making enzymes and hormones. Foods rich in protein include meat, poultry, fish, eggs, dairy products, beans, and nuts.
- **Fats:** Fats are another source of energy and are essential for absorbing certain vitamins and protecting our organs. They're found in foods like oils, butter, nuts, seeds, avocados, and fatty fish.

Do you know how many calories you should be eating to achieve your goal?

Our Evolt Body Composition scanner that we have in the studio is used to assess various aspects of body composition, including body fat percentage, muscle mass, bone density, water content, and metabolic rate. It typically works by using bioelectrical impedance analysis (BIA), a method that sends a low-level electrical current through the body and measures how it responds.

After doing a Body Scan you will be notified of a recommended daily calorie goal to focus on to ensure you achieve your goal.

Do you know how many calories you should be eating to achieve your goal?

Knowing how many calories you should be eating is one thing, knowing how many calories you ARE actually eating is another thing. Once we have the ability to track this we can simply compare the calories we are eating to the recommended calories we should be eating and make the appropriate changes. Sometimes we are eating way too much and sometimes we aren't eating enough, but having this data is very important if we want to either lose body fat or gain lean muscles mass.

There is a great app out there called MyFitnessPal, with this app you can simply log the foods you eat by scanning a barcode or inputting it manually and the app will add up the total calories and give you a full breakdown of your MACROS. This is a great way to ensure you are staying within your recommended calories and achieve your goals much faster.



WELLNESS WEDNESDAY - recap

THE FIRST OF MANY!

On the 24th of April we hosted our first ever Wellness Wednesday, The aim for this community event was to provide an insight into the actions we need to be taking to guarantee our results. There are a lot of Unknowns out there when it comes to health and fitness and it is our goal to make them known to you and to teach you how to use them to your advantage. We wanted to break down the most important parts that great your foundation.

We covered:

- How to read your body scan and ensure you are tracking the right numbers
- Why it is important to keep track of your progress
- Understanding our to see how many calories your body should be having to achieve your goals
- How to track your current calories so you know where you stand
- How to maximise the likelihood you can stick to your training regime
- Breaking down the barriers and how to over come them (e.g Time constraints)

We have already started planning the next Wellness Wednesday to dive into things further with you, so if you did miss our first event, don't worry, you will get your chance shortly!

If you do have anything you would like us to focus on for these community events please let us know by sending an email to mandurah@speedfit.com.au. The more we know, the more we can assist.

SUPER CHARGE CHALLENGE

What Is Included?

- ✓ x2 Weekly Sessions
- ✓ Personalised Meal Plan & Recipes
- ✓ Pre and Post Weigh in
- ✓ Goal Setting Work Shop
- ✓ Challenge BluePrint for success

8wk Super Charge Challenge

Remember earlier when we said we have been asking lots of questions recently? Well here is another product of that. With the answers we received we designed a challenge we have never done before, the aim of the game here is to include every aspect you need to be focused on to help you achieve the main goal you are focused on. Too many times we focus on one thing and neglect other parts and it becomes harder to win. So how about we include everything you need to win and make that part of the challenge? This blue print will keep you accountable and focused on the important factors, fast tracking your results and not leaving you thinking and second guessing yourself. We've sent out a couple of emails with extra info, so if you haven't had a read yet, what are you waiting for? Get that intro session booked in and lets get cracking!!

SUPPORTING LOCAL

AND GIVING BACK TO SF MANDURAH'S AMAZING MEMBERS

We love the idea of supporting our local business' and giving back to YOU our amazing SF Mandurah family. So we are always looking for ways in which we can do this. You will start to see more and more local business' in here with special deals exclusive to SpeedFit Mandurah

LOVE SKIN WITH AYDAN

25% OFF FOR SF MANDURAH MEMBERS

if you aren't sure what she is all about please jump on Instagram and check out her page: [love_skin_with_aydan](https://www.instagram.com/love_skin_with_aydan). Here is a bit more info for you.

Aydan is a Paramedical Tattoo Artist specialising in healing and concealing stretch marks & scars through inkless revision and/or camouflage tattooing.

Inkless Treatment - Stretch marks and scars are treated with a medical grade, FDA approved, all vegan serum that is specifically formulated to rejuvenate and help revive the skins elasticity which assists the skin colour correcting itself and heal the areas of concern from inside out, permanently. Inkless treatment is chosen for treating the texture of the skin when the stretch marks can be felt, are deep and needing to be smoothed out prior to the introduction of pigment.

Camouflage Treatment - Custom blended, medical grade skin tone inks/ pigments are matched to the skin tone, using Nue Conceal's revolutionary skin tone reader device. The areas of skin missing pigment is filled with the exact skin tone colour of the body just like a concealer.



LEAP Into Your Best Version

CELEBRATING THE 2024 LEAP YEAR!

It only comes around once every 4 years so it deserves a little celebration! We want to give you a free Cardio session! Don't freak out when you see the C word. Cardio is a great way to fast track your journey as it allows you to burn calories fast. Mixing a Strength session with a Cardio session is next level! SO **all you need to do is refer a friend** and you'll both get a **Cardio session on the house** so we can show you the benefits yourself! Just send us an email mandurah@speedfit.com.au and say FREE CARDIO SESSION PLS and we'll handle the rest!

