



WELCOME TO OUR

# Monthly Newsletter



Wait what! How the heck is it already nearly Christmas?! I don't know about you but it feels like i blinked and this year has just flown by!

We've got a couple of weeks left of '23 so lets make the most of it. You can expect lots of Christmas spirit from me I can tell you that much, I apologies in advance (not really :P) - Cal



## In this newsletter you will find:

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



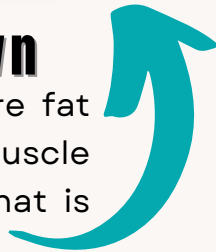
## Monthly Health Tip

### GOOD HABITS

We are creatures of habit, people think this is a bad thing, it's only bad if your habits are bad. If you become a creature of good habits you'll always be living your best life right? This month lets focus on building good habits around our health and wellness. Maybe when you wake up the first thing you do is drink a glass of water, or Sunday becomes your day to prepare healthy snacks (takes 1hr). Think of small actions you can build good habits around and then do them enough so they become second nature.

### Wanee's Break down

Imagine dropping 6kg of pure fat and gaining 1kg of lean muscle mass in literally 10 weeks! That is what Wanee has done!!



SUMMARY	Scan Result A 2023-08-24 06:26:29	Scan Result B 2023-11-09 06:18:34	Change
Total Body Weight	██████ kg	██████ kg	-4.70 ↓
Lean Body Mass	60.80 kg	62.10 kg	1.30 ↑
Total Body Water	43.80 kg	44.70 kg	0.90 —
Skeletal Muscle Mass	33.00 kg	33.90 kg	0.90 ↑
Total Fat Mass	44.10 kg	38.10 kg	-6.00 ↓
Bio Age	45.00	44.00	-1.00 ↓

I know you guys love to see the proof behind all of these amazing results so here you go! Scan 1 was on the 24th of August and Scan 2 was done on the 11th of September. 6kg in fat dropped, 1kg of lean muscle mass gained and at the same time Wanee has a crazy stressful role in the health sector. This goes to show that you CAN achieve the results you want despite the hecticness of life. It is about how you prioritise yourself and what you want out of your SF journey. We have your back!!



## Lachy's Corner

### PROTEIN AND WEIGHT LOSS

Weight loss is governed by a calorie deficit. This is simply consuming less energy than we burn. Protein leveraging can make it easier to sustain a calorie deficit for longer periods of time allowing for more weight loss. Put differently, increase protein calories while decreasing fat and carbohydrate calories to achieve the deficit. Increasing lean protein intake will do wonders to preserve lean muscle mass, increase feelings of fullness and decrease appetite helping you achieve weight loss goals without feeling undernourished and likely to binge. The recommended allowance for protein is 0.6g per kg of body weight. I and many others believe this is too low. I would aim for 1-1.5g per kg of body weight. This means a 70kg human would eat 70-105g of protein per day.



## The Next Phase

### TAKING YOUR EXPERIENCE TO THE NEXT LEVEL

Early 24' we are changing the game completely! You've seen the sneak peaks and it won't be long until you get to have the full experience. Keep an eye out for our surprise Symbiont sessions. We will be running them over the next couple of weeks, leading into the full switch. This will give you a chance to get in first!

MANDURAH  
SPEEDFIT  
THE SMARTER WORKOUT ►