



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!



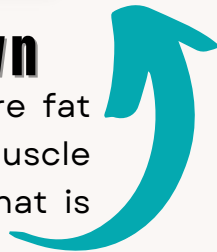
Monthly Health Tip

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! So keep an eye out for the call outs!!

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MANDURAH Festive Season

Studio Opening Hours

23rd	SATURDAY	OPEN
24th	SUNDAY	CLOSED
25th	MONDAY	CLOSED
26th	TUESDAY	CLOSED
27th	WEDNESDAY	OPEN
28th	THURSDAY	OPEN
29th	FRIDAY	OPEN
30th	SATURDAY	CLOSED
31st	SUNDAY	CLOSED
1st	MONDAY	CLOSED
2nd	TUESDAY	OPEN
3rd	WEDNESDAY	OPEN
4th	THURSDAY	OPEN

Christmas Opening Hours

WE'VE GOT YOU COVERED

If you haven't seen the Christmas schedule yet, here it is! If you have a session booked on one of the days we are closed, don't stress we'll be in contact to get a suitable day sorted for you so you don't miss out. It's important to keep the good habits up even during the silly season. We know it gets busy, but it's important to prioritise yourself and your health. Don't fall into the habit of feeling 'too busy' and pushing aside your health and wellness because you think you don't have time. You have time to be healthy, we all do. Bring it on!!!



Get A Head Start on 2024

REFER A FRIEND FOR A **FREE** SESSION

You know what's coming in 2024! Well you know a little bit. We have some big things coming and some big challenges in the works too. SO! We want to give you the opportunity to bank up some free sessions you can use when we roll out the new suits, or even to bank up and use when you know you'll need it! For every friend/family member you refer we will add a bonus session to your account. Simply reply to this email with your friends full name, email address and mobile number and you'll have a bonus session added. UNLIMITED AMOUNT! But, **you only have until the 15th of January '24.**

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