



WELCOME TO OUR

Monthly Newsletter

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Hello Hello! One big thing I have noticed is the amount of determined individuals we have leading into 2024. So many different stories and reasons why, but the determination is there. I love hearing the progress and this may sound weird, but I love hearing about the setbacks too, I get to see how you have grown from it, it's my favourite part! So enjoy this month's Newsletter, there's a few extra resources in here for you that we are super excited to share! - Cal

↓ In this newsletter you will find:

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



Monthly Health Tip

GIVING YOURSELF THE BEST CHANCE AT SUCCESS

As humans we are all unique individuals, no two people are the same. This is why being self aware is one of the most important life skills. Now in order for us to achieve the goals we want to achieve, the easiest way to do this is by doing the things that have the highest likelihood of getting us there. It sounds super basic when you break it down but it's easier said than done. Lets go through an example and then you can relate this to your own journey and see what areas you may need to reassess.

Let's say cookies are my weakness and after dinner I always get cravings and cave into the feeling and eat about 7 of them. Do you think me having cookies in my house but telling myself i cant have them is more likely to stop me caving in? Or do you think me eliminating them completely from the house would be more likely to stop me from caving in? If you said the latter you would be correct.

Another example would be if you have a lot of work that needs doing and you're easily distracted by Facebook or TikTok do you think you would get more done with having your phone in your pocket? Or locked away in another room altogether?

The aim here is to give us the highest chance of achieving our desired outcome. So as an exercise, list your most common obstacles and barriers. Maybe its not sticking to a diet, maybe its not sleeping enough or not being motivated to exercise. Now look at your options to combat these obstacles and then decide which option gives you the highest chance of succeeding and then you go and do that!

Not sticking to your diet? Maybe the stress of work and life leaves you with no time for meal prep and when this stresses you out you either skip meals or make something super quick that isn't that healthy and actually hinders your progress. Maybe organising prepack meals tailored to your diet gives you a higher chance of sticking to it as it dodges the obstacle all together.

There is an answer to all of your obstacles, just dive in and see what you come up with. remember you can discuss this with us too, we want to help get you to your dream outcome.



LISTEN NOW
THE GROE POD

TAP TO LISTEN



NEW RESOURCE! THE PODCAST

LISTEN, LEARN, GROW IN YOUR SPACE

we have so many individual conversations around every aspect of everyone's health and fitness journey, from struggles and challenges, what has helped, lightbulb moments, tips and tricks etc - that I just wish everyone could be involved in all of the conversations we have, there is so much value there but they're one on one conversations between us and you most of the time. SO this podcast brings all of these to life so that you CAN be involved in all of the conversations and learning experiences.

Maybe there are things discussed you are struggling with that you aren't sure how to explain or don't feel comfortable sharing (it's normal). Hopefully I can bring you that additional value and in the comfort of where ever the heck you want to be when you are listening Cleaning, driving, walking etc!

I've purposely uploaded the first 3 episodes in the order that need to be in to get the foundations of your journey nailed.

1. Finding you're goal and reason why
2. How to be one step ahead of the barriers you face
3. Staying consistent and maintaining motivation

The 3 pillars there will get you to your goal in a nut shell and if I can share that with you now, I can dive into things deeper and deeper as we go - Super excited to share this with you!

FINDING YOUR BLUEPRINT

PROUD OF YOU SHARON!

We needed to give Sharon a shout here, she's done something that does take time but pays off in the end. She dialed in and set some realistic goals that fit in well with her lifestyle and tried different dieting options before finding the perfect balance for her. Turns out, a fasting regiment along with high protein and lower carbs as well as her weekly SpeedFit session every Saturday is the perfect blueprint. Not only is Sharon down 5kg in the last 4 weeks, but she hasn't had to give up her wine!!



The message here is that you may not always find the answer straight away. The calories you are eating or your choice of diet may not be what your body wants, which makes it harder to sustain, the important thing is that you don't let that stop you from moving forward. there is a blueprint that works with your body I promise.

SF

MANDURAH

FUTURE YOU FAST TRACK

TICKING OFF MILESTONES FAST

FUTURE YOU FAST TRACK

You know that feeling when you lose a bit of motivation or you feel like your progress is slowing down a bit? This happens to everyone at some stage, so don't you are weird for experiencing it. A way to combat this is to flip the switch and change things up a bit. When motivation is low - ticking off milestones quickly will build stronger habits and get you feeling back in the groove, this feeling snowballs until you're hitting more goals and making solid progress again.

A lot of times when we do lose motivation we get this feeling that we aren't going to achieve our goal so what's the point? That's when we give up. When we give up it's impossible to make progress from there. We've created the Future You Fast Track to kick you into gear, to give yourself that extra push and to create the conviction you need to make consistent progress. You can tailor this towards your goals and it will help you build on those small habits required to achieve that big goal! We have a copy in the studio so you can have a look and if you want your very own copy just send us an email mandurah@speedfit.com.au and we'll send you a copy!

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!



TAP TO JOIN



Our Private Facebook Page

STAY UP TO DATE WITH WHATS GOING ON

Don't forget we have our private Facebook group to help you stay up to date with what's going on in the studio! We also have extra resources in there that will help fast track your progress so make sure you join the party!