



WELCOME TO OUR

Monthly Newsletter



2024 is here!!! Scary to think about I know. Now we are super pumped for what this year has in store. Our new suits are going to allow us to do so much more not only during our sessions, but during your overall SpeedFit journey to make sure you're achieving the goals you are working towards. So strap yourself in because this is going to be wild!

- Cal

↓ In this newsletter you will find:

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



Monthly Health Tip

BORING WORKS

Please please don't think you need to always be changing things up to make progress.

So many times we see changes in diets, lifestyle, and exercise because we are so focused on the quick changes and progress. If you spent more time on the few things you KNOW work, then it is only a matter of time before you'll reach your goal. Nutrition, Sleep, Recovery, SpeedFit, Stress and Water. Focus on that with accountability and you'll get to your goal. More on this to come. So keep an ear out.

What Am I Looking At?

Okay! this is a super important piece of information that every needs to be aware of because it'll save your life. I know we say this all the time, but at the end of the day it is easier said than done. **The weight isn't the #1 focus.** We do always look at that and if it's not as low as we would have hoped it sucks right? But here's the clearest example of why it's so important to look at the bigger picture.

SUMMARY	Scan Result A 09-14 07:43:49	Scan Result B 11-23 07:54:25	Change
Total Body Weight	86.20 kg	86.00 kg	-0.20 ↓
Lean Body Mass	62.60 kg	66.00 kg	3.40 ↑
Total Body Water	45.10 kg	47.50 kg	2.40 —
Skeletal Muscle Mass	34.60 kg	36.60 kg	2.00 ↑
Total Fat Mass	23.60 kg	20.00 kg	-3.60 ↓
Bio Age	32.00	31.00	-1.00 ↓

Look at the weight. That is only 0.2kg lost. 8 weeks of hard work to jump on the scales and only look at that would break your heart right? I know. But look at the other numbers.

Lean Body Mass is up 3.4kg - That is pure muscle!

Total Fat Mass is down 3.6kg - THAT IS CRAZY!

So in 8 weeks technically this beautiful person lost 3.6 kg of fat and gained 3.4kg in muscle, which is a crazy result! But if she only looked at her weight loss she would be disappointed because that isn't a big change.

This is why we don't look at kg lost, it doesn't give you the right information.



Knowing what to track

SO WHAT ARE MY GOALS?

This is why it's important for us to know what exactly we want to achieve. We can always say we want to lose weight and be healthier, but what does that mean to you? Do you want to increase your muscle mass and give your body strength and shape? Or do you want to reduce your body fat levels and maintain the strength needed for everyday life? These are two very different goals that will both help you become healthier and can also show different results on the scales. So really ask yourself what it is you want to achieve this year and please email us or text us so if you need to dive deeper into this so we can guide you in the right direction.

Our new upgrades are going to allow us to have more time for this part of your journey. Not just the exercise and training aspect. We want to know you're achieving what you came here to achieve and making the appropriate changes needed if they are needed.



The Next Phase

IT'S HERE!

We are loving the vibe you are creating with your new suits! Less cables means more fun right? The walking lunges and crab walks are just the beginning :P We'd love to hear from you what you would like to see in your sessions. We are working on a Booty Blaster session, Upper Body intense, Zumba, Pilates plus some more. But we want to hear from you! Send an email to mandurah@speedfit.com.au with your thoughts and ideas and we may just make them a reality!!



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Kaitlyn Joins The Family

You'll be used to this familiar face by now, and unfortunately she has already picked up our attitude and bad habits :P Kaitlyn has fit in perfectly and with a background in personal training and a goal to compete herself she is super passionate about all things health and fitness. Especially seeing her members go from that first step in the studio to being as confident as ever and flaunting their achievements!



New year, new suits, more fun

THE MORE THE MERRIER

This is a fun one. Over the last few weeks we have had a lot of you legends bring in your friends and family members in to train together and I tell you what, seeing the heart rate on the big screen it adds a bit of friendly competition into the mix. If you have someone you'd like to introduce to SpeedFit, we'd love to organise something super fun! If you send us a text or an email to mandurah@speedfit.com.au with their full name, email address and mobile number. You'll both get a free session!

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