



WELCOME TO OUR

Monthly Newsletter

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Welcome to this month's edition. We're excited to bring you the latest updates, health tips, and success stories from our community. Whether you're a seasoned member or new to our studio, we aim to keep you motivated and informed on your fitness journey. So dig in! - Cal



In this newsletter you will find:

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



Monthly Health Tip

KEEP DRINKING WATER

THE BUSY PERSONS GUIDE TO MORE WATER

Staying hydrated can sometimes slip through the cracks when you're juggling a hectic schedule. However, proper hydration is key to maintaining energy levels and overall health. Here are some quick and easy hydration tips that fit seamlessly into a busy lifestyle:

- Morning Hydration Routine: Start your day with a glass of water. Keep a glass or bottle by your bedside and drink it first thing in the morning to kickstart your hydration.
- Carry a Water Bottle: Invest in a reusable water bottle and take it everywhere you go. Opt for one with time markers to remind you to drink throughout the day.
- Set Reminders: Use your phone or smartwatch to set hourly reminders to take a few sips of water. There are also hydration reminder apps that can prompt you to drink more regularly.
- Flavour Your Water: If plain water doesn't appeal to you, add a splash of flavour with slices of lemon, cucumber, or a few berries. This can make drinking water more enjoyable and increase your intake.
- Hydrating Foods: Incorporate water-rich foods into your meals. Quick snacks like cucumber slices, oranges, and grapes are not only hydrating but also provide essential nutrients.
- Post-Workout Hydration: Keep a bottle of water or a hydrating beverage like coconut water in your SpeedFit bag. Drinking water right after your Session helps replenish lost fluids quickly.
- Hydration on the Go: Keep single-serving packets of electrolyte powders or hydration tablets in your bag. These can easily be added to a bottle of water for a quick hydration boost.

Staying hydrated doesn't have to be a chore. With these simple hacks, you can ensure you're getting enough fluids throughout the day, even with a packed schedule. Remember, consistent hydration can significantly enhance your energy levels and overall well-being.

Stay hydrated, stay healthy!

LISTEN NOW
THE GROE POD



TAP TO LISTEN

THE PODCAST | The Groe Pod

LISTEN, LEARN, GROW IN YOUR SPACE

If you haven't had a chance to jump on and listen all you need to do is tap and dive in. There are 19 episodes up at the moment and they come out weekly to help you along your journey. If there is something you are struggling with and want to find out ways to overcome barriers don't be scared to ask, someone is probably going through the same thing and if we can put out some more guidance on that and it solves a problem for you and others, it's a massive win for us. The aim of this podcast is to give YOU that extra value.

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 this information and in the comfort of wherever 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 your 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 nutshell 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!

BACK TO THE 80S RECAP!

Boy oh boy did we have fun with this one!!! You can bet your bottom dollar we'll be bringing this back shortly, or maybe even a different theme, you'll just have to wait and see :P

We had the tunes cranking and the moves moving! Plus the colours we saw and were wearing ourselves was snazzyyyyy! If you didn't get a chance to see what we got up to here's a little run down for you!

P.S make sure you check out our socials so you can see all the fun!



Member Spotlight

Celebrating Success!

John Is one of the hardest working 77 year olds we've ever met!! Check out his stats below!

This is John :)



SUMMARY	Scan Result A 14/05/2024 08:25:14	Scan Result B 02/07/2024 09:02:36	Change
Total Body Weight	78.20 kg	74.80 kg	-3.40 ↓
Total Body Water	47.00 kg	45.80 kg	-1.20 —
Skeletal Muscle Mass	36.40 kg	35.60 kg	-0.80 ↓
Total Fat Mass	12.90 kg	11.10 kg	-1.80 ↓
Bio Age	70.00	68.00	-2.00 ↓

The BreakDown

Over the last 6 weeks John has been super aware of his progress and his goals and it is showing. John trains once a week with us and never gives anything less than 100%. he's always early and always ready and isn't shy to ask questions either which we LOVE. Thats is what dedicated looks like.

When we first met John his goal was to improve his over all strength and drop is body fat and lose overall weight. He's done that and some! he has added a heap of time to his Planks, he's dropped over 3kg in 6 weeks and is also down 2 years on his bio age. Did i mention hes being doing this all whilst renovating his house? Yep the man is unstoppable. Seeing these results is super cool for us as we know how hard John works towards his goals and seeing id progress pay off is inspiring for us and it should be for you too! Now we dial in on upping Johns protein a little bit to ensure his muscle mass is safe and we keep hitting it hard!

if there are goals you have that you are trying to achieve, dont hold back. Do what John did and tell us what they are and then take action on them and use your support group AKA us. to keep you motivated and accountable and the rest you will see for yourself.



Why Should I try SpeedFit?

#Real Talk

Okay let's be real for a second here.. Now for our members reading this, you already know the why behind this and the fact that you figured it all out early on is a credit to you. You've been able to crack the code on making fast progress AND saving time. Now that is exactly what I want to explain to you if you are reading this and you're not quite sure if SpeedFit is for you, or you're a bit nervous about starting because you're not sure if you'll be able to do it? Or you're skeptical because how can you achieve goals with a 20 minute workout? Don't worry, we've heard all of this and I get the most excited when I get to show you exactly how!

I want to briefly break down how EMS works and link it to your life so you can make the connection (pun intended - that will make sense when you come in for your first session). For our body to move in any way, whether it be us walking or jumping or even sitting on the toilet - our brain is sending impulses to our muscles causing them to contract and that is what moves our body. The EMS technology we have in the studio mimics the exact same impulses with one massive difference, instead of only being able to work a couple of muscle groups at a time you can now workout EVERY MUSCLE AT THE SAME TIME! This requires a lot of energy from our body to do and with the energy consumption comes A LOT of calories burned. So essentially you can condense hours of reps/exercise into a 20 minute intense full body session.

"What does this mean for me though?" you may be asking. This means that if your goal is to lose weight, tone up and/or burn body fat, but you just don't have the time or you don't like the gym environment - you CAN still achieve your dream figure.

Too many times I hear people tell me that because they can't run or they don't feel comfortable at the gym that it means they have no other options.. That couldn't be further from the truth and I think a lot of us are just unaware of what is out there, and that is okay. That is why we are here, we want to spread the word and tell you that there are other options out there and if you are time poor (like most of us) or aren't comfortable at a gym (like most of us) or have injuries that don't allow you to do high impact exercises (like a lot of us!), then you can still achieve your goals at SpeedFit. You aren't out of options.

So if you have been thinking about it for a while or you know someone that would benefit from what I just mentioned. Send us an email and ask for a free session because we'll happily offer that to you so you can experience the next level of fitness. Our email address is mandurah@speedfit.com.au.

Just remember, the longer you wait to start, the longer you wait to see progress.