

WELCOME TO OUR

Monthly Newsletter



We've got an action packed newsletter for this month, with Winter in full swing it's harder to get up and keep warm so want to give you all the resources you need to continue to make progress even when it's hard (More on that soon) ENJOY - Cal



In this newsletter you will find:

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



Monthly Health Tip

DO IT WHEN IT IS THE HARDEST

“I’LL START WHEN I HAVE MORE TIME”

Do you ever feel like you have so much on your plate (metaphorically speaking) that anything else would just overload you? Or have you ever put something off because you were just too busy? Or told someone you’ll get around to it when you have more time to spare. I have too and I want to explain a concept to you that has helped me. It’s called the ‘I’m Too Busy’ fallacy. This can happen time and time again with health and fitness too.

“I’m busy at the moment, i’ll be able to commit when i have more time”

“I’ll start tracking my calories when i have more time in the day, it’s so time consuming”

“I’ve got a lot to sort out over the next couple of weeks, when things calm down i’ll be able to get started”

It’s very common for us to not do something we know we should be doing just because we feel too busy. Here’s an example: Have you ever found yourself grabbing food on the go or eating at a cafe instead of preparing your meals earlier in the week? Maybe because you were too busy or didn’t have enough time? :P

The ‘I’m Too Busy’ fallacy puts in this pre notion that when we get busy again we’ll stop. We are only going to stick to it and stay committed when we have the time or its the easiest for us to do. But don’t you think if we were to only ever commit to something when everything aligned and it was at the easiest, the moment a minor inconvenience pops up BOOM, we quit. I’ll tell you the secret to overcoming this because this fallacy controls peoples lives.

THE TRICK: Start when it’s the hardest. If you can commit when things aren’t perfectly aligned and you can slowly build from there you will soon find out that you make it work. from here literally EVERYTHING becomes easier. When you do finally have more time it wont matter because you’re already on track. and then when things change and times get tough you’ll also be able to stay on track because you’ve none it before.

So heres the thing, if you are not currently where you want to be and there are things you are putting off or haven’t yet started because you dont have the time or you feel like you need to wait until you can prioritise it. Start Now. Start small and build from there. Do it when its the hardest and everything becomes easier.

If you are willing to do that but you don’t know what you need to be doing, email us and we’ll organise a time to break it all down for you and work out your roadmap with you so you can hit the ground running.

LISTEN NOW
THE GROE
POD

TAP TO LISTEN



THE PODCAST | The Groe Pod

LISTEN, LEARN, GROW IN YOUR SPACE

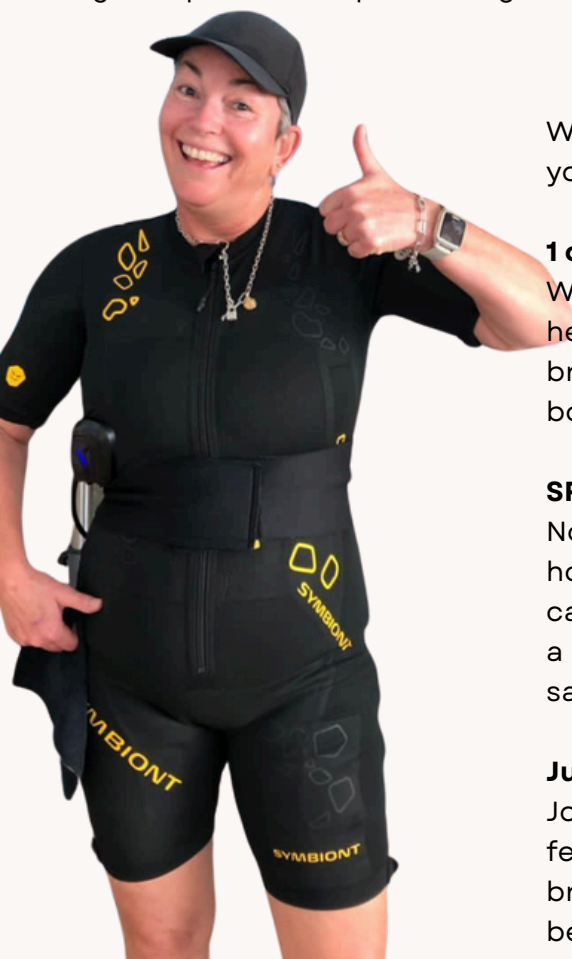
If you haven't had a chance to jump on and listen all you need to do is tap and dive in. There are 19 episodes up at the moment and they come out weekly to help you along your journey. If there is something you are struggling with and want to find out ways to overcome barriers don't be scared to ask, 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!



UPCOMING EVENTS

We have a fair bit coming up over the next 8 weeks so prepare yourself:

1 on 1 sessions:

We want to find out how you are tracking and what it is you need to help fast track your progress, we are organising our 1 on 1 sessions to break down your results and update your gameplan, if you haven't booked in for yours yet, don't forget.

SF Karrinyup's Cardio Party:

Now there's more info to drop in the coming weeks but yes, we are hosting a one of a kind event that you'll want to be there for. Our cardio sessions burn a heap of calories in one hit, so we are making it a big event so we can all get together and have some fun at the same time - Check your emails for more!

July National 8 Week Challenge:

Join us and the rest of the nation with our 8 Week Challenge! If you're feeling the Winter blues or progress is slowing down, we'll help you break that plateau and get back to making the progress you want to be making!

Member Spotlight

Celebrating Success!

Tanya has absolutely nailed her Super Charge Challenge, everything we have asked of her she has done AND more, heres a bit more of Tanyas story.



SUMMARY	Scan Result A 28/05/2024 14:53:00	Scan Result B 02/07/2024 16:54:59	Change
Total Body Weight	71.70 kg	71.50 kg	-0.20 ↓
Lean Body Mass	44.70 kg	45.70 kg	1.00 ↑
Total Body Water	32.20 kg	32.90 kg	0.70 —
Skeletal Muscle Mass	24.40 kg	25.00 kg	0.60 ↑
Total Fat Mass	27.00 kg	25.80 kg	-1.20 ↓
Bio Age	51.00	50.00	-1.00 ↓

The BreakDown

Tanya has been absolutely nailing her 8 Week Super Charge Challenge and we wanted to showcase her efforts. With a few tweaks to her lifestyle and priorities Tanya has been able to make some amazing progress not just in general, but for her as well. When we break our own beliefs around progress it is an amazing thing. When you have the conviction that you CAN achieve your goals it does wonders for your confidence!

What's her secret you ask? FOLLOW THE BLUEPRINT!! We designed it to include the main focus points around health and wellness that most of us just don't do enough of or are not aware of and the moment we become aware of this and focus on implementing it into our lifestyle - boom it all changes. Tanya has a pretty hectic lifestyle, with her work and her studies and finding time for her to exercise and work on her goals is tricky. One thing is for sure, if Tanya sets a goal she does what ever it takes to achieve it, and she has done just that. Every week she sends us her weekly recap of her extra steps and nutrition and also how she found the previous week and if any obstacles popped up that set her back.

Another big area for Tanya was her sleep, she was not sleeping very well in the past. Sleep plays a massive role in recovery and progress also and just to let you - Tanya has overcome that also.

Check out her scan above, at her first weigh in half way through the challenge you can see a few interesting things. You may be looking and thinking "theres not a lot of kg lost?" - That's the coolest bit, this is direct proof that we shouldn't just be focusing on the total body weight as an indicator. If you look closer, Tanya has LOST over 1kg of pure fat and GAINED a kg of pure lean muscle, not only that but she is down a year in her bio age, increased her metabolism and lost 14cm² of Visceral fat!

If you put in the work and utilise your support network its crazy to see what you're able to achieve. This is only the beginning!