



WELCOME TO OUR

# Monthly Newsletter

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How are we already through 1/4 of the year already?! Time flies when you're having fun i guess right? ;)

I wanted to say a massive thankyou to everyone that has been open and willing to discuss their health and fitness journey with us to give us a much better understanding of what is working and what you feel could fast track your results even more. I'm looking forward to sharing a few things we have coming your way!

- Cal



## In this newsletter you will find:

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



# Monthly Health Tip

## THE TOP 5 THINGS I HAVE LEARNED ON MY HEALTH JOURNEY | CALLUM ROEBUCK

When you work in the industry I think a lot of people tend to assume that health and fitness have always been a huge passion, I'll tell you now that was not the case 10 years ago. I remember back in high school I was the chubby guy, the one that never took his shirt off, always wore a rashy at swimming carnivals and was riddled with anxiety at footy training if we had to play a shirts on vs shirts off scratch match. Thinking back it sounds really silly, but I'm super grateful I got to experience this because with all off the conversations I have on a daily basis I can see snippets of my past in a lot of peoples present. The thought that goes through my head is if I overcame that, so can you. So lets dive into my biggest learning experiences over the last 10 years of being on my own health and wellness journey.

1. Being healthy is a lifestyle, its not something you tick off and achieve and that's that. It takes consistency day in and day out. To me that makes me enjoy it more. I don't mean you have to go crazy and exercise all day everyday, but being aware of what it means to be healthy is something that I do on a daily basis. It makes me not resent the idea of exercising. I think of it as though I'm giving my body the ability to stay stronger and happier for the years to come and this means I will have more energy to run around with my kids and grandkids when they get her in 20 years or so. It also allows me to not feel so guilty if I want to have a drink with family, or eat the burger because I know in the long run I will be okay.
2. Not everyone will be on the same page as you and that is okay. You are on your own journey, for you. Not for anyone else so don't let others have a say in what you do or how you do it. If you are trying to cut back on alcohol because that is what you know is going to help with weight-loss there will be people that will call you a party-poopers etc. They don't understand what your health and wellness mean to you, they aren't there yet and it makes them feel bad because they aren't doing it and the default reaction is to try get you to go back to their comfort level. It doesn't make them a bad person because usually they aren't aware of what they are doing. As long as you know your reason why, don't feel like you have to please people by not working on your goals.
3. It isn't all sunshine's and daisies. This is one of the most important lessons I've learned. There are times I've hit a plateau and been stuck for weeks and weeks and not known what to do. The important thing I have found is that if I stick to why I started in the first place I can push through the tough spots and find the light at the end of the tunnel. There is always a reason why we aren't achieving the results we want to achieve and breaking a plateau is discovering what that is. I usually use the elimination method and work out what it could be that way. Usually its a nutrition and rest equation. It can also be a lot more in depth, but if you focus on finding it out and are willing to figure it out, you'll get there.
4. Preparation is super important. Not just in a nutritional sense, but around training and rest also. If you don't know when you are going to get in your session and you leave it up to chance, too many things have the potential to get in the way and you end up missing out and when this occurs multiple times that's where it is super easy to fall off the bandwagon. So know when you are going to do your session and dedicate that time for that and nothing else. If you know you need an hour to cook dinner, set aside an hour to cook dinner and be on top of it. Time is precious but we still choose what we do with our time, so work out what you need to be prioritising.
5. Boring works. I always wanted super quick results and would always be researching the best diets for fast fat loss or how to lose 5 kgs in a week. I would try things and swap and change all the time and not actually get anywhere, it wasn't until I stuck to something for long enough that I actually started to see results. So don't get caught up in the quick fixes. Even if they do work in the short term, they are really hard to maintain.



## 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 10 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 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 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!



## FUTURE YOU FAST TRACK

This booklet is making an appearance in this month's newsletter purely because of the resources inside it. We want you to really see how big of an impact building momentum can have on your ability to achieve goals really has. A really common reason for losing motivation is because we think we aren't making progress and then we don't make progress because we don't have the motivation - IT'S THE VICIOUS CYCLE!! So that is what this booklet does for you, takes you through step by step on building the first bits of momentum so you can achieve what you're trying to achieve!

REMEMBER: 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](mailto:mandurah@speedfit.com.au) and we'll send you a copy!



# SUPPORTING LOCAL

## AND GIVING BACK TO SF MANDURAH'S AMAZING MEMBERS

We love the idea of supporting our local business' and giving back to YOU our amazing SF Mandurah family. So we are always looking for ways in which we can do this. You will start to see more and more local business' in here with special deals exclusive to SpeedFit Mandurah

## LOVE SKIN WITH AYDAN

### 25% OFF FOR SF MANDURAH MEMBERS

if you aren't sure what she is all about please jump on Instagram and check out her page: [love\\_skin\\_with\\_aydan](https://www.instagram.com/love_skin_with_aydan). Here is a bit more info for you.

Aydan is a Paramedical Tattoo Artist specialising in healing and concealing stretch marks & scars through inkless revision and/or camouflage tattooing.

**Inkless Treatment** - Stretch marks and scars are treated with a medical grade, FDA approved, all vegan serum that is specifically formulated to rejuvenate and help revive the skins elasticity which assists the skin colour correcting itself and heal the areas of concern from inside out, permanently. Inkless treatment is chosen for treating the texture of the skin when the stretch marks can be felt, are deep and needing to be smoothed out prior to the introduction of pigment.

**Camouflage Treatment** - Custom blended, medical grade skin tone inks/ pigments are matched to the skin tone, using Nue Conceal's revolutionary skin tone reader device. The areas of skin missing pigment is filled with the exact skin tone colour of the body just like a concealer.



## 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](mailto:mandurah@speedfit.com.au) and say FREE CARDIO SESSION PLS and we'll handle the rest!

