



WELCOME TO OUR

Monthly Newsletter



Winter is here! The days are shorter and the weather is wetter, good thing we are in doors right? :P In all seriousness this is the time to knuckle down and not fall victim the the seasonal setbacks. Keep your goals at the front of your mind and use us for the accountability, if you can persist through the harder months, you'll be miles ahead of the rest! - Cal



In this newsletter you will find:

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



Monthly Health Tip

BOOST YOUR IMMUNITY THIS WINTER

As the temperatures drop, it's important to keep your immune system strong to fend off colds and flu. Here are a few tips to help you stay healthy this winter:

- **Eat Seasonal Produce:** Incorporate winter vegetables like sweet potatoes, carrots, and leafy greens into your meals. These are packed with vitamins and antioxidants to boost your immunity. It's Winter, so whipping up a big chunky soup or a nice stew is a great way to have all of these nutrient rich veges all at once.
- **Stay Hydrated:** Even though it's cold, your body still needs plenty of water. Herbal teas and warm broths are great ways to stay hydrated and warm. Another good tip here is to make it as easy as possible for you to consume, if you struggle to drink water, grab a 2 or 3L water bottle and just have your one goal to finish 1 of those bottles. It sounds super basic but it works.
- **Get Enough Sleep:** Aim for 7-8 hours of sleep each night to give your body the rest it needs to fight off infections. Ensure you are limiting that blue light in the evening too, on your phone you will have 'Night Mode', this makes the screen orange/red and gets rid of that stimulating blue light that keeps you awake.
- **Stay Active:** Make sure you are coming to your sessions regularly and be open with us if you feel as though motivation is dipping or you need some extra accountability, we'll keep you on track. Winter we tend to move less over all so we need to keep burning those calories. if you find you need the extra push, double up on sessions over the winter and push for a Strength and a Cardio session to help keep that momentum there.
- **Vitamin D** Vitamin D is essential for overall health, supporting bone health by aiding calcium absorption, boosting the immune system to fight infections, and improving mood and mental health. It also contributes to cardiovascular health, aids in weight management, and enhances muscle function. To maintain adequate levels, get regular sun exposure, eat Vitamin D-rich foods like fatty fish and fortified dairy products, and consider supplements, especially in winter when sunlight is limited.

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 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!



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:

If you're already a part of our Super Charge Challenge you'll love this, by the end of your 6 weeks you will have hit your first milestone and be ready to keep the ball rolling with the National 8 wk Challenge! More on this to come.

Member Spotlight

Celebrating Success!

Kristen has stepped it up big time over the last month, jumping on board with our Super Charge Challenge she has followed the blueprint and well, you can see the results for yourself below.



	Scan 1: May 14th	Scan 2: June 4th	
SUMMARY	Scan Result A 2024-05-14 18:07:33	Scan Result B 2024-06-04 08:03:26	Change
Total Body Weight	78.80 kg	74.40 kg	-4.40 ↓
Lean Body Mass	50.80 kg	49.00 kg	-1.80 ↓
Total Body Water	36.60 kg	35.30 kg	-1.30 —
Skeletal Muscle Mass	27.80 kg	26.90 kg	-0.90 ↓
Total Fat Mass	28.00 kg	25.40 kg	-2.60 ↓
Bio Age	44.00	43.00	-1.00 ↓

The BreakDown

Kristen took it upon herself to put the foot down and get herself back on track after being a bit too complacent. Now if theres one thing you should know about Kristen it's that pain is her main motivator so if you tell her to think about how bad its going to feel if she doesn't achieve her goal, the fire starts burning and she's unstoppable 🔥

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. Kristens big take away was around nutrition and being aware of her Macros and Calories a bit more than normal (which is in the blueprint), from there it was a consistency thing. The funny thing about this is that it's a self fulfilling prophecy, you yourself create the motivation to stay consistent as you achieve your milestones along the way.

Most times when we feel unmotivated its due to a miss-match in expectations and reality. if we haven't seen results fast enough or to what we thought we would, boom unmotivated. But on the other-hand, if you were constantly hitting new milestones and reaching new goals you will be more motivated because why would you stop if you know you are making progress?

Anyway - from May 14th to June 4th you can literally see that Kristen is down 4.4kg! It's also really important to note that her skeletal muscle mass is only down .9kg, the more protein you have when you are trying to drop body fat means the less muscle mass you sacrifice. The aim of the game is to drop body fat and maintain the muscle mass.

if you find it hard or you're not sure what you need to be doing to get results like this, let us know so we can sit down with you and get you achieving the same numbers!