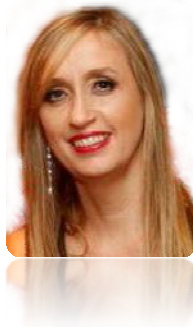


This Issue

1. Adventure Parc
2. The Athlete in Me 8 Week challenge
3. Results
4. Celebration & Make-Over
5. Princess Warrior Event
6. Personal Training



This year I've been going through fire. It's been one of those hard hitting years of great loss.

It is easier being there for clients when they struggle. I would make various suggestions to get them back on track and they would bounce back. This is usually a little bump in the road for me.

The biggest challenge we face is change. Also change of our emotions from positive to negative because of things that happens out of our control. We then experience change in our motivation which falls from high to low, and our care factor to exercise and eat well, drops to zero.

What do you do when your circumstances let you spiral into a deep, dark pit?

You take your time to process things but not too long. You get up. You get dressed and you go for that walk, run or golf game. You do whatever it takes to survive. Slowly you return to who you were before, this time stronger because you persevered and got more resilient. You have a scar but like a tear in a muscle, it heals and it grows bigger and stronger, just like you will. Then you're ready to take on the world again and lift the heavy weights.

I guess what I am trying to say is that you'll never really be prepared for the big setbacks in life but you have to keep going through the fire and fight your way to the other side. Always be willing to try again and again and again.

Life is too short to give up, so always keep training.

XX Alice

Exercise changing bodies, changing lives



The Princess Warrior Club had a teambuilding event at Adventure Parc, Mt Tamborine earlier this year.

This type of adventure and endurance obstacle course was "a first" for two of my clients.

They have never dreamed of attempting such an experience due to being overweight most of their lives.

Sharryn started the course with trepidation but soon realized that she not only gained physical strength but confidence and vigour as well. Her fear was soon replaced with exhilaration and excitement. Debra is a fearless and determined woman and is keen to attempt the Red Course later this year.

They both have been doing strength and cardio training 2-3 days a week, continuously for a few months and were fit and strong enough to complete the Green Course twice.



Above left: Me, Debra and Sharryn

The "Athlete in Me" - 8 Week Challenge

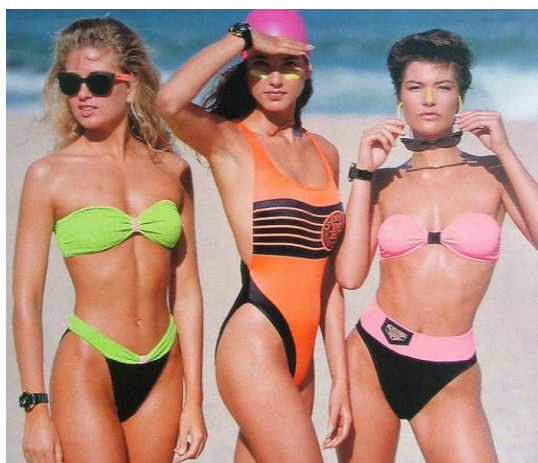
A peek into our 8 week challenge:

I designed this course for my clients to ensure successful continuous weight loss through winter.

Although this course was about "the best of the best athlete's", it was also a weight loss competition and I had to set the tone with a weight loss message in Week 1.

Week 1:

- We discussion Fat Facts
- How our lifestyle and eating habits changed from the 60's and 70's till now.
- Identified what make us fat and why.
- How advertising is playing a role in our fatness
- Solutions for fat loss.
- I explained the Borg scale
- Identified goals
- We worked out our Basal Metabolic Rate, weight-in and measurements.
- We had a great circuit work-out.



Above: How bodies looked in the 80s

Week 2:



Above: Ready for the challenge

Week 2:

- The Theme of Week 2 was a race to the South Pole
- Pulling 70kg while walking 50 – 60km for 16 hours in minus 40 degree conditions.
- We discussed:
 - Preparation,
 - Training
 - Physical and emotional setbacks
 - Motivation to deal with our daily setbacks and training.
- To make it real we dragged 5kg tyres and 15kg back packs.

Week 3:

- Reinhardt Bosch discussed the dynamics around a few legends like: Bruce Lee, Michael Jordan etc.
- He covered:
 - Focus
 - Failure
 - Fears
 - Barriers
- He also took the group through a Kung Fu Style Work-out.

Overall we had fantastic weight loss results despite injuries, proving that group dynamics and challenges are perfect conditions for motivation and weight loss.

Total Kg's removed in 8 weeks = 17.9kg



Sharryn had a 3.5kg loss



Shazhi had a 4.3kg loss



Heidi had a 2.3kg loss



Debra had a 7.4kg loss

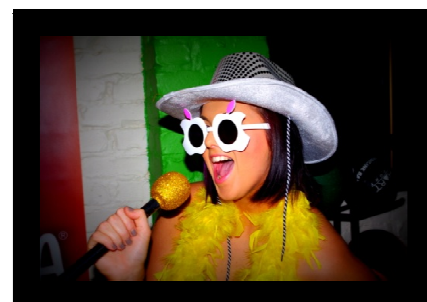


Lisa had a 0.5kg loss

Weight loss Celebration and Make-over



Debra Jenkins, Winner of
the 8 Week Challenge with
a proud Trainer



October 2013

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Vol. 1 Issue 6



Princess Warrior event in October 2013

Everything you want to know about Carbohydrates and the Glycaemic Index

When: 14 October 2013

Time: 6:00 -7:00pm

Cost: Free

RSVP: by return of this
email

Location:

12 Adams Road, Cashmere

	High GI (70 and above)
	Medium GI (55 to 69)
	Low GI (54 or less)

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Personal Training 2013 - this is how we do it!

