



Quick Note from Alice

It's great to be back and ready with a fun filled year of Zumba and fitness. I can't wait to see everyone. Firstly I want to share an inspirational story that I found on the Internet. At the start of 2012 I want you all to realise that your body is amazing and capable of much more than you think. This is also for your friends and family who think they've waited too long and that it's too late for exercise. Let me tell you, it's never too late.



My story is about a 100-year-old man, Fauja Singh, who ran the Toronto Waterfront Marathon on 16 October 2011, in 8 hours, 25 minutes, and 16 seconds. Fauja Singh (born April 1, 1911) is a British marathon runner of Indian Sikh origin. He is a world record holder in his age bracket.

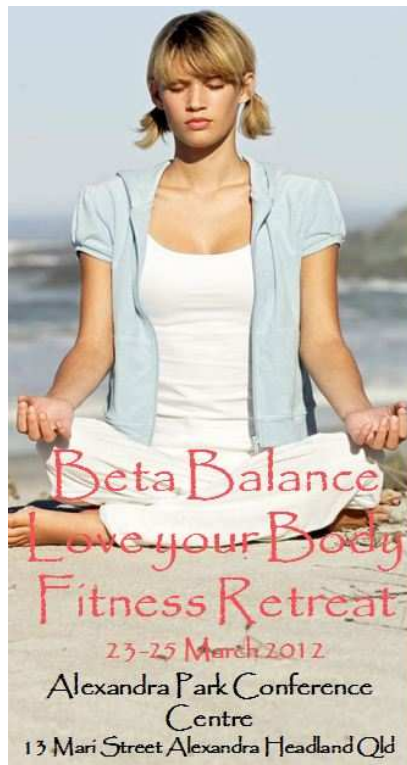
Singh has stated, "I won't stop running until I die."

"At the time when people start retiring, I thought of running at the age of 63.

"I run while talking to God."



Fitness Retreat



Please note that the date for the Beta Balance Fitness Retreat has changed to 23 – 25 March 2012.

This will be a fun filled weekend of fitness not to be missed.

The daily Programs will be packed with fitness activities and classes as well as Men's and Women's Health talks, plus some surprises. You will also be spoiled with great food.

Bungalow accommodation sleeps five so get your girlfriends and mates together for a good time.



Zumba

See you all on Monday 9 January and Wednesday 11 January 2012 for my first Zumba classes for fun new Bolly wood and Belly Dance routines as well as some golden oldies.

Please note that my Saturday Zumba class will only start on 4 February 2012.

For everyone that's not on my facebook yet please find me on facebook as I've found that it's the fastest way to communicate with everyone.

Personal Training

I currently have time available for one-on-one Personal Training or for you and a friend on Thursday night's and Saturday mornings.

Group Personal Training

Another 8 week program will start on Tuesday 10 January 2012, 6:30pm. The sessions will be extended to 1 hour and the cost will be \$160 pre-paid for 8 sessions. Please RSVP a spot by email: alice.bosch@optusnet.com.au

SET YOUR GOALS FOR 2012

We all need 3-4 short term goals to track our progress and accomplishment otherwise it can dampen our enthusiasm and motivation in general. So write down your goals today. To help my Personal Training people, I'll email your fitness test results in the next few days so you can use it as part of your goal setting. My best advice is to remember that we will have good days and bad days and if we do fall prey to exercise apathy, and miss a workout or ten not to worry. Just get back into it.

When you lack inspiration think of Fauja Singh.