



**Hot off the press**

**It's here!**

Beta Balance

**Fitness Retreat**

**9-11 March 2012**

Get re-energized on the Beta Balance Fitness Innovation Health Retreat weekend.

Do as little or as much as you want in a relaxing, positive and fun environment. Experience the latest Fitness Trends, Innovative fun games, relaxation and pampering in a non-threatening atmosphere.

Be guided and mentored by experienced and qualified trainers and leaders in the field of fitness, exercise and health.

#### **What's on the Menu:**

- Morning Run and walks
- Fitness Scavenger Hunt
- Boot camp
- Body Box
- Yoga
- Kung Fu
- Zumba
- Water fun Challenges
- Beauty Seminar
- Women's and Men's Health Talks
- Massage
- Meditation and Relaxation
- Stretch Sessions and much more

Packages also includes:

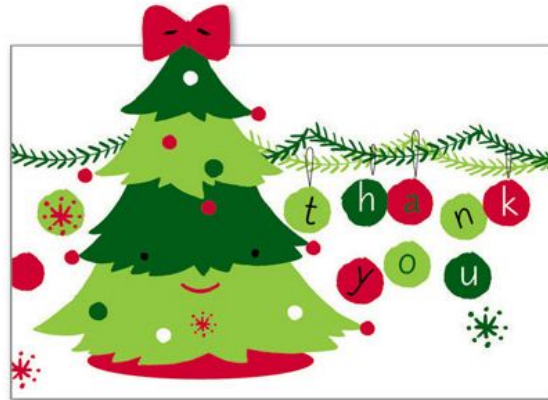
2 nights' Accommodation

Breakfast, lunch, and dinner

BBQ on the last day

Free Wellness Assessment

More details to follow.



*Merry Christmas Everyone!*

*I would like to take a moment to thank everyone who persevered with Zumba through the winter and attended my Zumba classes regularly; also to the special people who brought new friends and family to class and my biggest fan, Gabby. Thanks for everyone's confidence in me in the Personal Training sessions and for bringing dedication, happiness, fun and friendship along. You have become my Zumba & PT family.*

*I hope to make a positive difference in everyone's lives, physically by helping create sexy, strong, healthy bodies and emotionally by instilling happiness through dance, fitness and music. Your weight loss success is my success. It is really a pleasure to do Zumba and Personal Training with you.*

*I am committed to continue delivering great Zumba classes and different, fun Personal Training sessions next year.*

*I want to extend a "Special thanks" to Wayne Crouch at Bray Park Community Church for his ongoing support.*

*Have a great Christmas and New Year with your families and friends. Rest well, get ready for 2012 and don't forget to have fun.*

*Enjoy the December 2011 newsletter*

*See you soon. Love xxAlice*

*PS Last Zumba for 2011 will be on 21 Dec. I'll be back on 9 January 2012*



## Meet some my Personal Training Clients for 2011



**Joyce Van Egmond**

One-on-One Personal Training

My first Client this year, Joyce Van Egmond, started a 12 Week Challenge with me in June 2011 and lost 3.5kg in the first 4 weeks.

Apart from brisk walking, circuit training, boxing, body weight exercises and weight training, we also discussed goal setting, label reading, lifestyle, sodium, and cholesterol lowering foods, exercise hobbies and positive thinking.

As part of Joyce's training we kept a close eye on her blood pressure before every session and Joyce also tested her blood sugar levels to keep us on track.

Joyce is a Primary School Teacher and is much loved by her students, colleagues, church family and trainer.

She couldn't complete the challenge due to an old shoulder and knee injury returning but she is a true inspiration and wonderful to train.



**Carlo Dyer**

Group Personal Training

I met Carlo when she joined our group ready and eager to compete in the Bridge to Brisbane 5km run, in September 2011.

Carlo was the quiet girl in our group. I only found out how much drive and competitive determination she had after she started the 8 Week Group Personal Training, doing that extra 10 or 20 repetitions during our Cross Fit session. Carlo's goals are weight loss, improved fitness and health, improved upper body strength as well as having a lot of fun while training.



**Fiona Mahony**

Zumba and Group Personal Training

Fiona started at my Zumba class on 1 August 2011 and fell in love with Zumba, barely missing a class. She's a great dancer and a fast learner and keeps me on my toes. She also took on the 8 Week Group Personal Training Challenge that commenced on the 12<sup>th</sup> October 2011.

Although the 1<sup>st</sup> session of fitness testing and circuit were tough she persevered and returned to become my cardio star as well as pushing hard with weight training. 4 weeks into the challenge Fiona lost 2.2kg.

## Innovative 8 Week Group Personal Training Program

Week 1: Fitness Testing and Circuit Training  
 Week 2: Fitness Scavenger Hunt  
 Week 3: The Big 3 & Body Conditioning Drills  
 Week 4: Cross Fit and Cardio  
 Week 5: Tabata Training  
 Week 6: Kids Fun Training for Adults  
 Week 7: Boxing and circuit  
 Week 8: Fitness Testing 2 and Circuit Training





## Nicole Smith

Zumba and One-on-One Personal Training

I've known Nicole for over 7 years (she is the owner of The Gap Village Florist), before we learned that she lived in Bray Park and would love to come to my Zumba class. To be honest, I always saw her smiling, all quiet arranging flowers and was pleasantly surprised to see her dance skills come to life during the first Zumba class in May 2011.

It was later in the year that she asked me to start one-on-one personal training with her. After a lot of sweating and shaking in Zumba on a Monday night, she pushes on for another 30 minutes of resistance training. Yip, she's fearless.

I invited myself along to celebrate Melbourne Cup at Nicole's Flower shop this year. We had a festive and fun lunch with her family and other shop co-workers. Nicole picked all the champions and won \$60 in the sweeps.



Nicole Smith with me on Melbourne Cup day

## Our Zumba Sister literally race to the roof

The roof may not have been on fire but Rosie was. On 27<sup>th</sup> October 2011 Rosie Potter (and team mates) took part in "RBWH race to the roof" Charity Event, to raise money for Cardiology research. They walked up 12 flights of stairs (without breaking a sweat), she said and she's planning to "run" it next year. Their beautiful capes were designed and sewed by Vanessa Stow (her sister). The pink in the capes was added to represent breast cancer awareness which was also celebrated in the same week.

When discussing exercise hobbies I always advice my clients to get into the habit of choosing a few fitness charity events every year and have fun with friends or colleagues while doing something good for the community. Its fun, exciting and exhilarating, just ask Rosie.

I promised to join her next year. Who else is up for the challenge?



Above: Rosie Potter finishing the "race to the roof"



Kylie Williams in 2008 weighing 98kg

## How Kylie changed her life

Kylie is my regular Zumba buddy from The Gap class who followed me to Bray Park and she is also a close friend. I am therefore privileged to share her fitness storey with you. Kylie started her weight loss journey in 2008 but really got into it in the beginning of this year when she started to become interested and excited about fitness. She realized that there were more to weight management than weight loss e.g. new good habits, healthy lifestyle and taking time for yourself to look after your body.

She also decided to stay determined to reach her goals with persistent training, no matter what happened in her life.

Her weekly exercise routine consists of initially one, but later two Personal Training (Resistance Training and Cardio) sessions combined with 1-3 Zumba classes per week.

She also constantly changes her diet as soon as her body plateaus.

## Questions and Answers from Kylie:

### Tell us about Zumba?

*"When I first tried Zumba in January I loved the music that came with it. It took me several classes to get my feet working but when I learned new moves, if I don't get it first time, I just keep moving."*

### How do you cope with injuries?

*"Injuries and illness does make training hard at times but I rest when my body tells me and go to my physiotherapist when needed."*

### Who inspires you?

*"I find that my biggest inspiration has come from a few influences but the most important one is my great Aunty who lived such a long happy life. I am also determined to fit into that Size 12 Red Dress that I have never been able to wear."*

### What's your main goal?

*"My main goal is to improve my health so that I can reduce and get rid of my current medications. I am also passionate about sharing what I've learned with my family so that they can start improving their health."*



Kylie Williams happy in her skin at 81.6kg

### My best advise

Your body is worth training for.  
Love yourself enough to eat and train well.  
If it's important to you, you will make time for it.  
No matter what happens and how long it takes, don't give up.  
Consistent, ongoing effort will win the scales.

Alice





## Sensational Zumba Weight Loss Stories

### Gabby Motson

Seeing is believing. This is what two – three classes of Zumba per week can do for you:



Gabby before Zumba



Gabby now 7kg less, loving Zumba and her new body

### Vanessa Stow

Hi Alice,

When I started with your Zumba classes a few weeks ago (I think this is week four) I weighed 79.6kg. This morning (29 Nov 2011) I weigh 76.4kg.

The weight loss has been slow but I feel great and very motivated. My confidence is definitely returning. I had to provide a verbal brief to 40 people on Monday and was able to fit in my "Power Suit". I haven't been able to do up the zip on the skirt for at least 12 months (perhaps longer). In fact my work mates mentioned they hadn't ever seen me in a skirt. The truth is my skirts don't fit me anymore.

I can see the weight loss in my face and definitely my chest (the girls) but I must be losing weight on my waist and hips as well. Considering some of the moves you make my body do, I shouldn't be surprised.

I love coming to your classes and look forward to every Monday and Wednesday.

Thanks  
Vanessa Stow





# beta balance

fitness innovation



Personal Training made fun



Carlo's t-shirt says it all







Above: Carlo & Nicole  
battling it out



Below: Jacques and Fiona  
working hard







## Christmas 2011 in Zumba world







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