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We all need a role model to give us a snapshot of what's possible in our future with regards to health, wellness and fitness. I want to share one of my role models with you.

The most inspiring woman I've ever come across is Joyce Meyer.

I love her because I can relate to her on so many levels. She's honest and in your face and she looks great for her age.

Joyce started weight training when she was in her sixties and she's turning seventy. She has written more than 80 books and I can highly recommend her book: "Look Great Feel Great". I'll be using some of her techniques in my 360 ° New Life Program which is starting 31st October 2012.

She has a successful business which she started twenty seven years ago and travels around the world while speaking to thousands of people.

She's really busy but always makes time for exercise and trains with her personal trainer when she's at home. She says when she's away travelling she does "Joyce exercises" and sometimes injures herself, but hey, at least she is still training and moving.

I hope this issue get you in the mood to move, run, and jump and really live.

XX Alice

Fitness Fun

The Stampede 2012



Our team that completed "The Stampede" from left to right (Yolandi Westerman, myself, Peter Jennings, Andre Bosch, Heather Jennings, Fiona Mahony and Danielle Bosch). We (except Yolandi who was volunteering and started her race later) charged off at 12pm.

This was our obstacles:

- 1) Climbing up and over three rows of high stacked bales of hay.
- 2) Walking on a wiggly structure, jumping into a stream and swimming a short distance.
- 3) Going uphill through a maze or climb over and through ropes.
- 4) Mud crawl under round structures
- 5) Crawl into a pipe that became a narrow, floppy plastic.

- 6) Climbed and glided over mud covered cars at Demolition Derby.
- 7) Jump into a big skip container filled with ice and water up to our waists.
- 8) Climbed up and over a cargo net that was draped over a bus.



- 9) Ran through a dark room.
- 10) We missed the water cannon as they just ran out of water.
- 11) Then the long wait started to go down the slip and slide.



- 12) Jump over burning coals



- 13) Crawling through very deep mud with wire above our heads.
- 14) Jump over bales of muddy hay while being hit with 10 000 volts at the "Bug zapper", to the finish.
- 15) Danielle was one of only two children who entered and completed the challenge with a sore heel blister. Well done Danielle, you are a champion.



SECRETS OF EXERCISE LOVERS

I am too old "thinking" does not exist for an exercise lover. They have a positive, "can do" attitude. They start slow but keep pushing to new fitness levels. Even if they stopped exercising for a few months they know that their body will adapt within two weeks because of muscle memory and start to change. Soon they are stronger, sleep and feel better and have more energy.



When they get an injury: An injury will not stand in the way of exercise lovers. They seek medical advice (sooner rather than later) to address the problem before it gets worse. Then they combine a plan with their personal trainer and physiotherapist to work out the correct exercises to strengthen their weak muscles and stretches for too tight muscles. They also discuss heat or cold therapy and additional medication to speed things up as they want to keep on training.



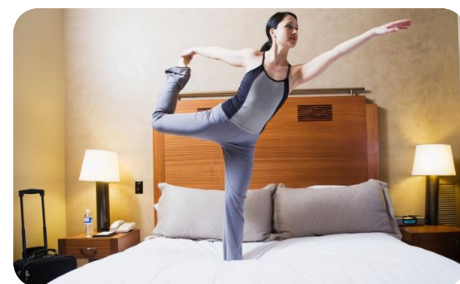
A full time job and time poor: An exercise lover knows that people are designed to move. They know that when you move, your body gets better at burning fat versus sitting when your body get better at storing fat. A Lunch time walk, swim or afternoon gym session or group session is always a high priority as part of their weekly diary planning. They don't miss any session and plan their life around it.



Different body shape: Exercise lovers know that their body shape is no excuse to be overweight and that any body shape can look fantastic when it's lean, strong and well defined with minimal body fat.



Frequent travelling doesn't stop an exercise lover; they perform bodyweight exercises such as push ups, sit ups, squats, lunges and burpees in their hotel room. They keep a resistance band (which does not take a lot of space) and do rows and other exercises with it. Some even have a skipping rope. A bend over row can be performed with a briefcase and a coffee table. Tricep dips can be performed on a chair as well as jumps from side to side holding onto a chair. A walk or run can be added to a 45 minute session and if there is stairs nearby, a 15 minute stair run is invigorating.



Too lazy and tired: Exercise lovers know that good old exercise is responsible for more energy, therefore they keep training. To beat laziness they constantly remind themselves to be grateful and don't take their bodies for granted. They realize it's a blessing to be able to run, walk, jump and slide. They celebrate their bodies and life by choosing monthly fitness events and goals and focus to achieving them.

NEW AT MY PERSONAL TRAINING

Elandi – Group PT



The "not so quiet" dare devil of exercise. Elandi has nearly lost nearly 4kg since she started in August. Favourite exercise – Ladder drill

Cheryl – Group PT and Zumba



Cheryl is the expressive, extrovert. She's fun, loud and physically flexible. Also has a wicked laugh. Favourite activity – Zumba.

Sharyn – Group PT and Zumba



Sharyn is the quiet achiever. She has a great sense of humour and has a "can do anything" attitude. Favourite exercise – bent over row.

Amelia – Group PT



Amelia is energetic and a lot of fun during sessions. She likes a challenge and arm exercises most.

Carol – Group PT and Zumba



Carol never complains and is always smiling no matter what I throw at her or how hard she has to work. Favourite exercise – Tyres

Michanne – One-on-One & Group PT



Michanne has just started but she's fearless, enthusiastic and loves the new exercise challenge for her body.

Energized at the Mother's Day Run 2012



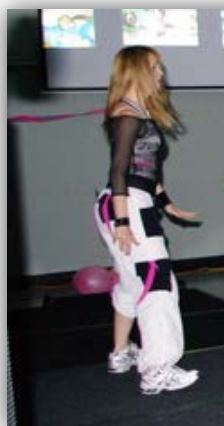
Above: Wessie, Vanessa, Rosie, Annakie, Con, Estie, Marie, Andre, Cornelia, Annette, Yollie, Fiona & Me

Exhilarating Zumba at the South African Dance Events



Zumba with any number of people is great but **Zumba at the South African dances** is exhilarating.

Dancing is one of the things that bring South-African's together, just like "boerewors", biltong and braaivleis.



No PT, Just Party Night @ Eaton's Hill Hotel



beta balance
fitness innovation

MYSTERY GIFT

this certificate is awarded to:

CARLO, ANNAKIE, YOLLIE, FIONA

in recognition of

ONE Year's Group PT with Alice

Alice Boschi

Signature

11 October 2012

Date

Climbing Angel's landing USA July 2012

I know you're all wondering why someone would want to climb 1.8 km (over 368m) in a dress.

Well, in my defence, I was in the middle of the desert at Zion Canyon and I figured that the Arabs wear long dresses in the desert, so a dress might be the appropriate attire while climbing a mountain mid day, during a heat wave of over 42 degrees. I can confirm that it's really cool and breezy.

You can imagine how your calves feel after going up 1.8 km at a relative fast pace and how your knees feels going all the way down again. We did the course in 3 hours, no rest. I don't have a fear of heights but didn't really care to go all the way after our previous Mt Tibrogargan experience. However, Andre wanted to go to the top. I couldn't stay behind and let him finish without me.

When ascending while holding onto a chain, you get an adrenalin rush and your body starts to shake.



Your brain reminds you constantly that you're in a very dangerous situation and can die at any time.

What makes this climb more exciting is that the rock formation is very soft and gives way easily, so you have to make sure you don't slip. I don't sweat easily and was glad that I didn't have very sweaty hands.

A lot of people don't go all the way or turn back. I am not really sure what made me kept going.

I didn't think about it but just gave one step forward at a time. I guess when we over-think things we don't reach our goals. Sometimes we must just "do" and have faith that it will be all right, regardless of being scared or unsure. I have to admit that when we finished I had such a rush of excitement and sense of accomplishment. It was amazing. I now understand the psychology behind the "Biggest Loser" show when they take the contestants to conquer their fears with radical, exciting events, similar to this one.

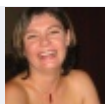


Face book Testimonials



Allison Futter Stansfield Alice I went to a new Zumba class this morning not a patch on yours darling!!

August 29 at 5:27pm · [Like](#)



Fiona Mahony That was one hard work out from our Superwoman trainer!! Loved it!!

August 29 at 7:38am via mobile · [Unlike](#) · 1



Sharyn Campbell

Thanks Alice for a great Zumba class tonight, feeling energized again!!!

September 10