

e~NEWSLETTER FOR JULY

- Members and Trainers achievements
- When is the best time to exercise?
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- Calendar of events and free training days
- 'Community Conversation'
- XOSIZE Running for Fun
- Your Life – Your Challenge
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- Great balls of fibre!
- Hatch'n'match
- I mean 'slogan' not slow down!
- 2XU – Sports Performance Wear – 50% off RRP

1. Members & Trainers achievements

Congratulations to our clients who hit the ground running and made some significant achievements.

Run to the G

5km Event

Solid training has paid off for Ee Lin Yap and Rosie Horvat who completed their first ever fun run. Both women are now heading towards a 10km run this month. Well done!

10km Event

Congratulations to Corrine Proske, Kerryn Roper, Cathy Buckmaster and Aileen Fulton – a huge distance!

Click here to read about [Rosie's](#) and [Corinne's](#) Race Day Experience.

21km Event

Long time XOSIZE client, Brooke Norris never considered herself a runner, how things have changed. Brooke completed her second Half Marathon (first a month ago) and ran a 5 min PB. She now has her sights on running her first marathon in 12 months and her first 'Ironman' in 18 months – a grueling challenge indeed! Keep going Brooke! Follow Brooke on her training highs and lows through '[Brookes Diaries](#).'

Mothers Day Classic - 8km Event

Congratulations to XOSIZE personal trainer Geraldine Creaton (*aka Gez*) who was placed second female and 18th overall in the Mother's Day Classic – what a great result! *Go, Gez Go!*



Mother's Day Classic Champ Gez receives her trophy from football legend, Ron Barassi.

2. When is the best time to exercise?

The answer is - anytime.

Simply find a routine that works for you and stick to it. Some say that late afternoon exercise can help release the stress of the day. Others like morning workouts because it energises them and promotes a sense of wellbeing for the day.

The secret is to develop a routine and make it a habit!

3. Running Training Sessions

Can you place yourself into any of the following categories?

- I want to run my first fun run (5km, 8km or 10km), maybe a half marathon or full marathon.
- I enjoy running and want to improve my running ability.
- For health reasons, I need to improve my general level of fitness.
- I am looking for a structured running program.

- I want to complement my current weights program with some cardio.
- I want to be able to keep up with my kids.
- I'm currently a walker, how do I become a runner?

If any of the above sounds like you, then come along to our running training sessions and we'll work on building your running base. You'll soon discover why so many people enjoy the benefits of running.

Sessions Details

(Commencing Monday 9th July 2006)

Monday morning 6am (Duncan/McKinnon)

Wednesday night 6:15pm (Meet at [studio 6pm](#))

Saturday morning 7am (Meet at [studio 6:50am](#))

(Please note : We will expand number of sessions once the need arises)

** We are offering current XOSIZE clients (or anyone on our database) and their friends the first 2 weeks training free. Please reply to this email for [further](#) details.

4. Calendar of Events

July 30 - 10am– XOSIZE Fun Run (see below for more details)

August 13 - 10am– Lysterfield Park Family Training Day and BBQ – bring your family and friends

September 17 - 10am - XOSIZE Fun Run

October (date TBA) – Dandenong Ranges - 1000 Steps, Handicap Race (Friday Twilight Runs)

November (date TBA) - Handicap Race (Friday Twilight Runs), Brighton Beach Run and Brunch

December (date TBA) – Handicap Race (Friday Twilight Runs followed by XOSIZE Christmas Party)

January (date TBA) – You Yangs Family Day and Picnic, Handicap Race (Friday Twilight Runs)

February (date TBA) – Kayaking Family Day, Handicap Race (Friday Twilight Runs)

Check out the 'Cool Running' link to find out all the upcoming fun runs around Victoria - [Cool Running](#)

5. 'Community Conversation' with Dr Nick Kimber

A big thank you to Dr Nick Kimber who presented at the first XOSIZE 'Community Conversation' night in May.

I think we all agreed that Nick passed on some very useful nutritional advice as well as some great cooking tips. Don't forget that Nick also runs small supermarket tours that help you to decipher the nutritional information found on product labels. For more information contact Nick at nick@nutrifit.com.au

We will keep you posted on our next 'Conversation' evening.

6. FREE - XOSIZE – 'Running for Fun – Handicap Races @ Duncan McKinnon Reserve'

A free event and plenty of prizes for participants!

What: Fun Runs (distances of 2.5km, 5km and 10km) in the format of a **handicap race** around Duncan McKinnon.

When: Once a month, maybe more over the summer periods (also includes Twilight races)

Contact: XOSIZE studio for dates and further information.

Cost: Free for all clients, friends and family

Details: Contact Scott for more details and to register your interest

****Don't miss the first event on July 30 starting at 10am****

7. Your Life – Your Challenge

Do you have a challenge that you always dreamed of, but never thought possible? Listed below are some goals some of our clients have completed or are currently training towards:-

- First fun run
- Triathlon
- Adventure training
- Kokoda Trail
- Oxfam 100km Walk
- Half Marathon
- Full Marathon

Of course, not everyone is into running marathons and participating in triathlons. Let us know what fitness goals you're working towards and perhaps we can help you make it a reality. If you would like to know about any of the above challenges please contact us via return email.

8. Great balls of fibre!

We all know we need plenty of fibre in our diet, listed below are some great sources we should include everyday:-

- Legumes including canned beans, peas and lentils
- Wholegrains in cereals, breads, pasta and cracked wheat used in tabouli – switch to using wholemeal bread and pasta.
- Berries, figs, oranges, pears, apples and bananas
- Peas, spinach, sweet corn, potato, broccoli, cabbage, carrot and green beans
- Seeds and nuts.

For an easy snack, why not try Sunbeam's Fruit'n'ut pack. They come in six individual packs and are easy to carry in your handbag or sportsbag - you'll be prepared for any unplanned stomach rumbles.

9. Referral Program

We value our clients. So if you are happy with the XOSIZE experience, please refer your family and friends and you'll receive a 'finder's fee.'

Our referral program makes it worthwhile to refer new customers by offering you either a credit towards your existing account or a gift voucher. The 'finders fee' is calculated on the initial spend of the customer in the first 2 months of commencing with XOSIZE.

There are no restrictions on how many people you can refer. For more information, email Scott at scott@xosize.com.au.

And if you're not happy with our service, we'd like to hear about that too!

10. Hatch'n'Match

Best wishes to Jo Burrows and her husband who are expecting their first baby any day now.

And a slice of birthday cake this month goes to.....

Gabrielle Ah-Lit
Julie Jaffee
Cathy Santill
Dale Robinson
Lynda Cummins
Sandrina Branton
Jenny Holland
Melissa Parry

11. I mean 'slogan' not slow down.....

We are currently placing an order to provide all XOSIZE clients with a free promotional T-shirt.

However, we've had sleepless nights over a slogan for our T-shirts (well not quite, but you know what we mean). We have thrown ideas around for months and just can't decide on the winning slogan.

Some suggestions have included:

1. Because it's all about me...
2. You are being passed by another XOSIZE client
3. XOSIZE – the perfect fit
4. Just for the health of it – XOSIZE
5. Live longer - XOSIZE
6. Fit and Fabulous = XOSIZE

If any XOSIZE client has an idea of slogan that you think we could use – please email Scott at scott@xosize.com.au. If we use your slogan you will receive a great thank you gift!

12. 2XU – Sports Performance Wear

Are you looking for sports wear that doesn't break your budget?

We are now selling the 2XU range to our clients at wholesale prices. i.e. **that's around 50% of RRP.**

Yes, there is a catch ~ the sports wear will come with the XOSIZE logo.

Check out the 2xu website – www.2xu.com.au for their product range.

Further queries, can be directed to Scott at the studio or via email at scott@xosize.com.au.