



NEWSLETTER

THIS
MONTH'S
SPECIAL
OFFER

Book in to train between the hours of 11am and 3pm to receive
25% off when you purchase a training package!

HAPPY NEW YEAR – HAPPY NEW YOU!!



Feel better every day knowing we're here to

**help you stay on a rewarding journey to a
happier, healthier and fitter you!**

New Year. New goals. Same old strategy? No way!

**We all know that a new year can be an exciting
time for many reasons, and it's important to
ensure that your health remains your top priority.**

We hope you've all had a wonderful Christmas and New Year!

**I had a great break and am fully recharged, energized and pumped for
another year!**

**This is the month of the year to put into practice that new year's
resolution you made to yourself to get fit and healthy! Don't let another
year go by without committing to a health and fitness regime. If
you've indulged over the Christmas and New Year break, it's not too late to
get started!**

**2010 has kicked off with the bang! We are busier than ever with our
extended trading hours over the Summer period as well as the
additional group fitness sessions.**

**This year will see the Wright Image expanding its wings with more
services across the nutrition field. By 2012 The Wright Image will introduce
a Nutrition arm to their business to provide clients with an end to
end solution!**

**I am also excited to announce our recent alignment with FLY Active!
Stay tuned for affordable health and fitness products coming to the studio
this year! Want to know more...? Then read the Product Focus below!**

**The Wright Image will also be at the 2010 Health and Wellness Expo at
the Darebin Arts & Entertainment Centre. Why not come along on Sunday
28th of February where I'll be speaking about "the first step towards
an empowered, healthier life!" Come along and hear me speak or catch
other guest speakers in the Health and Wellness area. There will be loads
to do and see with activities for the kids as well! For details go to
www.cosmicbalance.com.au or contact me!**

**I'm looking forward to helping everyone achieve their health and fitness
goals and will be dedicated more than ever to ensuring success.**

A big thank you for all your support in 2009 and am looking forward to the year ahead! Thanks to Eva for kicking off this year's client profile.

7 Great Fitness Tips to help you get started again!

If you are finding it hard to re-motivate yourself this year, take a look at these great tips! They are sure to inspire you to get back on track and more importantly STAY ON TRACK!

Revisit Your Fitness Goals

Make an appointment with a personal trainer or get a buddy involved and work as a team to set new short term goals with a personal long term goal. Working out with a friend/partner can take the 'work' out of the work out!

Get Into Circuit Training

Circuits give you more burn for your buck! Many muscles are engaged and this creates higher fat burning levels, increase muscle toning and higher amounts of calories are burned overall.

Keep a Training Log

Record your training duration and the type of exercise you perform. If you hit a plateau, your logged regime will be incredibly valuable in letting you know how to achieve greater results.....Also don't forget to include how you "feel" before and after your training - it can give you insights on how your state of mind effects each days performance.

Train With Intensity

The harder you work, the more intense you make your workout; the longer your body will burn calories during and after your workout.

Diet

Include good fats in your diet. Cook with extra virgin olive oil; use

avocado and low fat cottage cheese as spreads instead of butter. Add nuts, legumes and fish to your diet.

Don't Let Your Body Plateau

Change your exercise program every 4-6 weeks. Increase your weights, intensity and variations to continue to tone and lose fat.

Being Positive Gives You Power!

Try not to focus on your body image or the number on the scales. Use your training log to track your success and don't forget to reward every now and then!

Try utilising the SMART principal when goal setting...

- • Be Specific about your goal (what exactly do you want to achieve)
- • Make the goal Measurable (training log)
- • Make the goal Achievable (use short term goals to reach your final goal)
- • Make sure your goal is Realistic (this will ensure success)
- • Make your goal Timely (landmark the dates of when you would like to achieve your goals)

Keep your cool with this make-ahead Grilled Greek Chicken Salad recipe



Ingredients

- • 4 chicken, breast, skinless, boneless halves
- • 1 tablespoon lemon juice
- • 1 tablespoon oil, olive
- • 1 tablespoon oregano, fresh, or 1 teaspoon dried
- • 2 clove(s) garlic, minced
- • 1/4 teaspoon pepper, black ground
- • 3 medium cucumber(s), seeded and coarsely chopped
- • 2 medium tomato sauce, low sodium, red or yellow, coarsely chopped
- • 1/2 cup(s) onion(s), red, sliced
- • lettuce, mixed greens
- • 1/3 cup(s) dressing, reduced-calorie creamy cucumber

- . . 1/2 cup(s) cheese, feta, crumbled
- . . 1/4 cup(s) olives, Kalamata, pitted

Preparation

1. Place chicken in a resealable plastic bag set in a shallow dish. For marinade, in a small bowl, combine lemon juice, oil, oregano, garlic, and pepper. Pour over chicken. Seal bag; turn to coat chicken. Marinate in the refrigerator for 4 to 24 hours, turning bag occasionally.
2. Meanwhile, in a medium bowl, toss together cucumbers, tomatoes, and red onion.
3. Drain chicken, discarding marinade. Place chicken on the rack of an uncovered grill or pan. Grill for 12 to 15 minutes or until tender and no longer pink, turning once.
4. Transfer chicken to a cutting board; cut into bite-size pieces. Toss with cucumber mixture. If desired, serve on salad greens. Drizzle salad dressing over. Sprinkle with feta cheese and olives.

And finally.... Introducing the Active Wrist Pockets!

I am so excited to announce our partnership with Fly Active! From February this year, The Wright Image Studio will stock the Fly Active range!

I am a HUGE fan of this much needed product! Gone are the days when I place my key in my shoe when taking clients for a run!

Evolving from the need to simplify busy lifestyles Fly Active have designed a range of practical, lightweight active wear that is light enough to travel, comfortable and keeps belongings close for peace of mind and security. We love their range so much that we are stocking it now!

As you fly out the door, the wrist pocket is ideal to zip up your key and loose change. Secure and comfortable on your wrist. Ideal for men, women and kids to store just about anything – office security pass or hotel key, gym card or locker key, asthma pump, lollies for diabetics, loose change or credit card!

Some of you may have already seen me wearing the Wrist Pocket which doubles as a sweat band as well! It will be available in February and is only \$10!!!! The Wrist band comes in 5 funky colors – red, blue, black, grey and rainbow!



I hope you have enjoyed reading this issue!

If you would like me to include anything about your business or product please

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Version: 8.5.432 / Virus Database: 271.1.1/2650 - Release Date: 01/27/10 19:36:00