

Spring Into Life



Ok, so it is really autumn, but we are tied to the Christian and Pagan festivals of the Northern Hemisphere, and so find ourselves surrounded by the symbols of new life; spring flowers, eggs, chickens and baby rabbits. As the heat and drought of summer breaks into cooler days and refreshing rain, this really is a time of awakening for us too.



Now is the perfect time to get out and exercise!

The days are cooler, the wind is gentler, the mornings are still light, and then there are all those Easter goodies to work off.



So come and join the bunnies, bilbies and wombats and get out in the sunshine. Personal training and group fitness sessions are available now, all focusing on functional fitness and fun.

Phone Jennifer on 0410 499 464 or email Wombat@winthropdc.com or to organise a time now. Ask about the Term (10 week) discount package.

One client lost 7kg in 7 weeks

What have you got to lose?

Tips to beat chocolate cravings

- ✓ Only eat chocolate in small amounts after a meal (not every meal ☺).
- ✓ Choose the best quality chocolate you can, and dark over light.
- ✓ Get your chocolate fix with fewer calories (e.g. try a diet hot chocolate drink or a small tub of low fat chocolate mousse).
- ✓ Try eating dates instead. 3-4 dates (30g) contain 65 Cal and no fat, a 30g Red Tulip Easter Egg has 180 Cal and 9g of fat. Dates are also very high in fibre and just as sweet as chocolate.
- ✓ Don't buy chocolate as often and don't keep it in the house. This at least eliminates the trigger to eat it because it's there.
- ✓ When you buy chocolate choose small, individually wrapped bars, such as a Freddo Frog or Milky Way.
- ✓ Eat chocolate slowly and savour every bite. You may feel satisfied before you consume too much.

Work Out My Butt Abs & Thighs

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