

# Time to Celebrate

This morning as I dropped my youngest child off to his local primary school for the last time I couldn't believe that those primary school years were gone. Is it a sign of getting older that the years seem to fly by faster and faster? With so much to do and organise, Christmas is approaching like the Japanese Bullet train, but for the kids waiting expectantly for Christmas morning, it can't arrive soon enough.

So now it is mid December already, (yup, this was meant to be done last week), and there are a million demands on our time. December is a time to come together and celebrate, a time to entertain, a time to organise and enjoy holidays, and amidst all of that, time to reflect, review and plan for next year.

How did your year go? Did you stick to your resolutions and reach your goals? Did you find the time to do all you wanted to do?

Wishing you Health and Happiness in 2010

## Get SMART, Reach Your Goals

If you want to be successful and reach the stars, make your goals SMART

**Specific** – Vague ideas yield vague results. Be clear on what it is you want to achieve.

**Measurable** – Add some numbers – a goal weight to loose or lift, a dress size, an amount saved.

**Achievable** – What do you need to reach your goal? Arm yourself with the knowledge, tools and support crew to succeed.

**Realistic** – Reality check time. If you have set yourself a big task, break it down into bite size chunks.

**Timely** – Set a time frame, and stick to it. An event, such as the City to Surf or planned holiday can be a great motivator.

Using the SMART principle, a goal of "I would really like to lose some weight" can become "I am going to fit into that great dress for Lisa's wedding and look fabulous."

Finally, don't forget to plan your reward for reaching your goal.

**When you set your goals, shoot for the stars. Even if you miss, you may get to the moon.**



*Work Out My Butt Abs & Thighs*

PO Box 4279 Myaree WA 6960 - Phone: 0410 499 464 - email: wombat@winthropdc.com

Winthrop Dexterity Consultants Pty Ltd (ACN: 066 742 452) as trustee for The D & J Musgrave Family Trust (ABN: 99 549 336 945) trading as Wombat Fitness (BN: 11175898)

# Wombats on Top!

On Sunday 4<sup>th</sup> October clients and friends of Wombat Fitness participated in the 2009 Rotary Climb for a Smile. Our team, "Wonder Wombats" made its way up 50 flights of stairs to the top of the Bankwest Tower, raising almost \$1,600 for several Rotary projects including WA Cord Blood Bank, End Polio Now and Interplast.



*Enthusiastic wombats before the start of the climb.*

The Climb For A Smile event was well organised, and great fun. The view from the top made it all worthwhile. Participants also received a ticket for a ride on The Perth Wheel, which was enjoyed greatly by the younger wombats.

Wonder Wombats were one of the youngest teams entered in the Climb for A Smile and it must be said that our junior members did a great job of taking on the challenge and completing it with great enthusiasm.

A beneficiary of our efforts was Helping Hands. Rachel (centre) and Luke (back right) have just returned from a trip to Laos where they were able to provide several schools with library facilities, books and sporting equipment with monies raised, in part, through our efforts on the day.

Thank you to everyone who supported and sponsored Wonder Wombats in this event.

## Term 1 - Group Fitness Classes

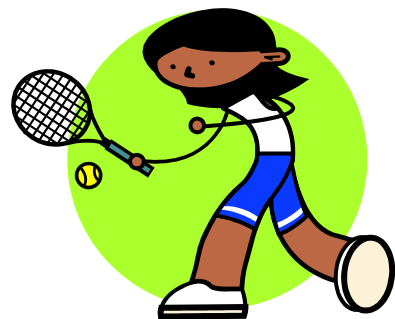
**Myaree & Shelley**

**Maximum of 8 participants per class**

**Call 0410 499 464 to Reserve Your Place**

**\$15 per class or \$120 per term (10 Classes)**

**Ask about our seniors' discount and PT Bundles**



## Wombat Fitness at Corinthian Park Tennis Club

Wombat Fitness is now a sponsor at Corinthian Park Tennis Club, on Leach Highway in Shelley. As part of our partnership, club members are entitled to special offers and discounts. Call me to find out more.

<http://www.cptc.org.au/>

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