



# ACTIVE E-NEWS

Edition 12 - December 2009

## Christmas Edition



4 weeks till Christmas... are you 'bah humbug' or are you filled with a sense of warmth at the idea of spending Christmas with the not so perfect but unconditional love of family?

Sometimes you can lose sight of the importance of unconditional love so when you're trying to find a carpark at a packed shopping centre and someone cuts you off or screams at you or is in your way, stop, take a deep breath (then breathe out) smile at that person (yes, even though you're swearing on the inside) and remember that it takes more muscles to frown than it does to smile and considering you've all worked so hard keeping fit this year it's time to smile and be proud of your efforts...that person staring at you might just be green with envy!

### Whats in this issue?

<b>SCOPE!</b>	First week free or 50% Off AND now you can register online!
<b>Bali Retreats 2010</b>	Book early places limited.
<b>One to One Training</b>	50% Off till 31 <sup>st</sup> December!
<b>X30</b>	Lunch sessions are back
<b>Bootcamp</b>	With Justin – you won't be disappointed!
<b>Gift Vouchers</b>	Great Offers available!
<b>Christmas Event</b>	Thurs 10 <sup>th</sup> December

*Merry Christmas and have a very happy and safe New Year.*

*Thank you for your support and here's to a bigger and better 2010 for all!*

*Marni*

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**KEEPING THE WEIGHT OFF OVER THE FESTIVE SEASON!**



Now isn't the time to stop your exercise habits, avoid the weight gain this Christmas, stay healthy and continue to train. If you leave it till the New Year you'll be behind all the rest so **make** the time and invest in your health over the festive season with **50% off\***

Call Marni NOW on 0402 068 982

(offer ends 5pm Monday 30<sup>th</sup> November 2009, limited spaces available)

\*Terms and conditions apply. Purchase 10x30min One to One Sessions, normally valued @ \$420. Must be used between 1<sup>st</sup> and 31<sup>st</sup> December 2009. Personal Training with Marni only. Not available in conjunction with any other offer.

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## CHRISTMAS SUNDOWNER - FREE EVENT

**Thursday 10<sup>th</sup> December** 2009 from **5:00pm and 10:00 pm** - you are also welcome to bring a guest/s. Great opportunity to introduce your Partner to Active's Team of enthusiastic trainer's and client's!

Connect with inspirational motivator's, learn more about effective lifestyle balance and relax with a drink or two!

Location: **The Brisbane - FREE EVENT** - nibbles provided, buy your own drinks - informal & relaxed atmosphere.

RSVP to [marni@activeinmotion.com.au](mailto:marni@activeinmotion.com.au) by 5<sup>th</sup> December 2009  
Enq: 0402 068 982

See you there!

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## 'AWAKEN IN BALI' HEALTH & FITNESS RETREAT



Christmas gift for someone you love or perhaps something to spoil yourself?

Warm by day and cool by night, enjoy the peace and tranquillity of the mountains of Ubud for a **5 day Health &**

**Fitness Retreat.**

Activities include (but not limited to):

- Jungle walk
- Day Spa in Ubud
- Cooking Class
- Yoga
- 6 x Group Training Sessions
- Massage on site
- Volcano Trek (including a stop for a swim in the hot springs)
- Shopping and lots of rest and relaxation

**From \$1295, all accommodation, meals and above activities, transfer to and from the airport, and a 1month membership to My Spring Day just some of the inclusions!**

Bring a friend, your partner, a group of girlfriends or just by yourself. All fitness levels are catered for.

**Sunday 23rd May to Friday 28th May 2010**  
**Sunday 30th May to Friday 4th June 2010**

'Awaken In Bali' - Terbangun Di Bali, for more information go to:  
[www.activeinmotion.com.au](http://www.activeinmotion.com.au) and click on '**Bali Retreat**' then call or email me to book, there is a maximum 12 people at any retreat so book early to avoid disappointment!

**Webjet's Sunday sale is on this weekend**

[http://www.webjet.com.au/sale/sunday/?utm\\_source=WebjetDB&utm\\_medium=EMAIL-html&utm\\_campaign=Nov\\_Sun\\_sale\\_wa&utm\\_content=intro4](http://www.webjet.com.au/sale/sunday/?utm_source=WebjetDB&utm_medium=EMAIL-html&utm_campaign=Nov_Sun_sale_wa&utm_content=intro4)

**Sale on 29 Nov 09**

**Sale period:** Midnight Saturday 28 Nov until Midnight Sunday 29 Nov 09

**Departures:** Anytime until 30 Sep 10

**\*NB: Contact Marni to find out the arrival and departure details before booking your flights!\***

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## GIVE THE GIFT OF LIFE

Have you ever thought of buying someone the start to a healthy lifestyle? What a precious gift.

Do you know of someone who's been saying 'I really need to get into exercise but...' or how about 'I would love to do PT Sessions but just can't afford it'

Whatever the reason and whatever the situation, whether it's an introduction to exercise, a package of One to One Personal Training Sessions, an engagement gift for a couple who both want to get in shape for their wedding, a bride who instead of doing a traditional hen's night wants to involve her friends in a girls day of health and fitness (followed by some mandatory champagne for celebration) OR maybe you'd like your family to buy YOU some PT Sessions for Christmas



Active In Motion has gift vouchers that can cover all kinds of goals. Let me tailor a great special for you or someone in your life this Christmas

For more information email [marni@activeinmotion.com.au](mailto:marni@activeinmotion.com.au)

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## SUMMER SCOPE! - NEW TIMETABLE 2010

It's full steam ahead from now on as AIM launches into the summer season with fresh new ideas and vibrant trainers to get your heart and muscles pumping! Now is not the time to slow down, stay ahead of the others and continue your training, even if it's just 30mins a day it's better than letting all your hard work set you backwards in the new year.

Commencing **January 11<sup>th</sup> 2010** SCOPE! will run the following timetable

Monday	5:45am Lake Monger 7:15am Lake Monger	5:45pm Lake Monger
Tuesday	6:45am Kings Park	6:45pm Kings Park
Wednesday	5:45am City Beach 7:15am City Beach	5:45pm City Beach
Thursday	6:15am Lake Monger 6:45am Kings Park	6:45pm Kings Park
Friday	5:45am Kings Park 7:15am Kings Park	

**45min Sessions    4weeks \$120 'NO LIMIT ON SESSIONS'**

**RECEIVE THE FIRST WEEK FREE *or* BOOK FOR YOURSELF AND A FRIEND AND RECEIVE 50% OFF FOR YOU AND THE FIRST WEEK FREE FOR YOUR FRIEND\***

# NEW!... Register online @

## [www.activeinmotion.com.au/membership](http://www.activeinmotion.com.au/membership)

### Terms & Conditions

\*First week free does not apply if you are taking advantage of the 50% discount. Not available in conjunction with any other offer. Registration must be made online and received by 31<sup>st</sup> December 2009. Full payment must be received no later than Friday 8<sup>th</sup> January 2010.

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## BOOTCAMP



Active In Motion also introduces **BOOTCAMP** with Justin.

Justin inspired me to become a PT 3 years ago, he is currently finishing his degree in Physiotherapy and has over 7 years experience in Personal Training. He is very professional and lots of fun to train with, I think you'll find some similarities in our training style!

My aim with Active In Motion is to provide you with a variety of classes that suit your timetable. **BOOTCAMP** will be handled entirely by Justin, his class timetable is as follows:

### **6am & 6pm** - Bootcamp

Monday / Wednesday / Friday

Various locations on rotation (Central, East Perth and Yokine)

### **5:30pm** - Power Hour

Tuesday / Thursday

Various locations on rotation (Central, East Perth and Yokine)

### **9:15am** - Power Box (Class starting soon... Register your interest)

Saturday

Various locations on rotation (King's Park & Surrounds)

For more information please email [marni@activeinmotion.com.au](mailto:marni@activeinmotion.com.au)

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## **X30 KINGS PARK - LUNCH SESSIONS**

X30 is back to 12:15pm in Kings Park...

This is a popular group session for those of you who work close to Kings Park and find it hard to work your exercise into your daily life! If you're looking to 'find 30' then this is the program for you.

## **FINANCE MATTERS**

*Did you know...*

- Your heart is about the size of your fist and weighs about as much as a softball.

Commencing 30<sup>th</sup> November.

Every Monday, Wednesday & Thursday  
at 12:15pm. \$95 for 4weeks or \$10 casual

Register online @

[www.activeinmotion.com.au/membership](http://www.activeinmotion.com.au/membership)



## WORD OF THE MONTH

'STOICISM'

Definition; Indifference to pleasure or pain.

## GETTING ACTIVE IN MOTION

The great pleasure in life is doing what people say  
you cannot do.

Walter Bagehot

*Marni Alexander*

Director / Master Trainer

**Active In Motion Personal Training**

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- In the course of a lifetime, the resting heart will have pumped enough blood to fill 13 supertankers.
- The pink under your fingernails is the blood in your capillaries.
- Your heart is the strongest muscle of your body and beats about 100,000 times in one day, in an average adult.
- Diversifi can find the right loan for you for free!

For assistance with finance & insurance contact Andrew...  
and experience the difference!

**Refer a friend and receive \$200  
in vouchers to use with Active In  
Motion  
upon settlement of a loan.**

mobile 0411 811 351

email [andrew@diversifi.com.au](mailto:andrew@diversifi.com.au)



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