



October Newsletter

Issue No. 3

BR FITNESS MONTHLY NEWSLETTER

Fitness Centre Updates

by Adam & Ben

We have had some exciting things happening around BR Fitness this month. With the extra daylight during the last month it has been great to see more faces at the gym and also great to see some new faces. Remember its only eight weeks until Christmas so it's not too late to start a healthier lifestyle!

This month the talk of the gym was the 'dice game', which was one of the main challenges for this month. Some great times were posted for this challenge and people's competitive streaks definitely came out! We will be retesting this challenge in coming months so members can try and improve on their scores.

We would again like to make a note about the massages we offer at BR Fitness. We offer massages ranging from relaxation, sports massage, myofascial release to deep tissue

and remedial. We have both female and male therapists as well as a HICAPS machine for those with private health. Bookings can be made in the gym or online (our webpage can be found via our Facebook page) and massages can be booked at any time not just during gym opening hours. With Christmas coming upon very quickly what a perfect gift idea for a friend or family member.

We also were restocked with a range of proteins, pre works, amino energy drinks and a number of different supplements. They proved to be extremely popular so speak to one of our staff members if you are interested in anything for next month's orders. Additionally speak to one of our staff members about what supplements would suit you if you are interested in ordering or have never tried supplements before.

Eat Ezi Meals



BR Fitness is excited to announce that we will be stocking Eat Ezi meals. Eat Ezi's concept revolves around creating healthy, well-balanced, pre-packaged meals ideal to support your training outcomes. With a large variety of meal options including vegan and vegetarian there is something for everyone! We are stocking the meals in store for \$9.90 per meal so come in and find out more. Alternatively check out their website at <http://eatezimeals.com.au/>.

BR Fitness' October Member of the Month!

Congratulations to our October Member of the Month Jon Moores. Not only has Jon lost an impressive amount of weight, he has gained muscle and changed his total physique and posture. Jon attends close to every night time session and is consistently putting in the work. He combines both strength training and cardio and has made some great progressions. It is nice that he is seeing the results he deserves. Congratulations Jon, keep up the great work!

What Does Member of the Month receive? The winner of member of the month will receive a 30 minute massage of choice or 4 Designer Shakes!



Lemon Yoghurt Cake

A healthier alternative for a sweet treat!

Ingredients:

- Rind of 2 lemons
- 2 eggs
- 1 cup of light vegetable oil
- 1 cup of plain yoghurt
- 2-3 tablespoons lemon juice
- 2 cups of self-raising flour
- 1cup of sugar

Method:

1. Grate rind from lemons, add oil, eggs and sugar. Beat with a fork or stir with a whisk.
2. Add lemon juice and SR flour and mix
3. Pour into tin that has been greased and lined.
4. Bake @ 180 ° for 40 minutes. Remove and let cool before removing from tin

