



## RESULTS!



**Kiss your butt  
goodbye!**



**10 Week Challenge**

NEXT CHALLENGE STARTS

**27th JANUARY**

**BOOK NOW!**

**LIMITED SPACES**

**RESULTS Winner  
HELEN FULLARTON  
Lost 9.5kg  
Looking & Feeling  
Great!**



**Congratulations!.....**to the 23 Crunch Members that have just graduated from the **RESULTS 10 WEEK CHALLENGE** and WOW! Did they get results!!!

FIRST PLACE was awarded to **HELEN FULLARTON**

Lost: 9.5 kg, 8.8% Body Fat,

SECOND PLACE was awarded to **TANIA CELATA**

Lost: 7.9kg, total cm's lost 29cm

THIRD PLACE was awarded to **ROCHELLE BAINES**

Lost: 7.3kg,

It was extremely hard to choose winners within this group because all of the ladies worked SO hard and really listened to what our exercise and nutrition experts had to say. The staff here at Crunch feel really proud of this group of ladies. We have watched in admiration at their determination and dedication to the program.

This is what Helen (our winner) had to say:

"Wow! You've lost weight" people have been saying to me over the past few weeks. "You're SO lucky.....!" and I smiled and said thank you but inside thought; Actually **no**...it wasn't luck, I've worked bloody hard, coupled with support, encouragement, information, advice, praise and peer fun.

As a committed couch potato with red wine in one hand and packet of chips in the other, I did get up and sign up for RESULTS! Support that prevented me flopping back on the sofa over the last 10 weeks.

As knowledge and strength accumulated over time, so too did the actual results; a real push up, emergence of a hidden muscle, freer breath and the unimaginable.....signs of a waist!

And I wasn't alone, 22 others were also part of this journey and often red faced and sweaty, we shared our experiences and formed friendships and saw the results. Hips narrowed, smiles broadened.

Everyone acknowledged we have gained so much, both shared and also in our individual achievements and outcomes. Mine is facing life 9.5kgs lighter. It's a wonderful feeling.

RESULTS! It was the hardest, most challenging, yet rewarding program. A big Thank you to all trainers, staff and specialist advisors who made it a success for so many.

*Helen Fullarton*



**The Proud Sponsor of the  
RESULTS! 10 WEEK CHALLENGE**

**13 Beattie St Balmain 02 9810 9200 [www.veev.com.au](http://www.veev.com.au) FREE CRECHE!**

**Veev have awarded some fantastic hair & beauty treatments to all of the ladies that entered the Challenge. Helen Fullarton has won a makeover valued at \$200! Congratulations Helen!**

**MERRY CHRISTMAS!** To all of our wonderful Members at Crunch. We've had a very enjoyable first year with you all and you've helped us create a gym that we all really enjoy together. We hope you have a fun-packed Christmas and we look forward to working off that Christmas Pud with you in 2009!

*The Team at Crunch*



## ✓ KEEP YOUR SUGGESTIONS COMING.....

We read every single one and endeavour to implement each one. And we've had some brilliant ones! The most successful this year has been our RESULTS nutrition & lifestyle program—yep! A suggestion from one of our brilliant members!

The latest changes to be implemented are: Blinds have been fitted in the Group Exercise room for our Yoga lovers; Extra fans have been fitted in the Cycle room; Stretch charts are now on display on the gym floor; Extra child-minding hours are available; More classes have been introduced; Crunch merchandise is now available; Paper towel dispensers & sanitizing spray is now available on the gym floor. Plus, an Olympic Bench Press— Has been ordered and will be in the gym by mid December.

The Crunch Team

## EVENT DIARY FOR 2009

One of the best bits of advice that a personal trainer will ever give you is to *plan your exercise program one week in advance* by completing an *exercise diary*. Don't just tell yourself that you will try and fit in 3 sessions next week because it is highly unlikely it will happen! Get a timetable, highlight the classes you are going to do and write down the days and times when you will be following your gym-floor program. All your other 'stuff' has to fit around your exercise—your health should be your priority!

*Goal setting* would be the next best bit of advice—short term and long term goals.

*Why not set a long term goal to enter an organised event in 2009 with some other Crunch members?*

*The MS Walk/Run (9 or 18km walk or 9km run) - 14th June*

*7km Bay Run—2nd August*

*City to Surf 14km Fun Run—9th August*

*The Bridge Run (4km Family walk, 9km or 21km run) - 21st September*

*MS Sydney to Gong 90km Bike Ride—1st November*

Register your interest at reception should you wish to enter any of the events listed above, as a group from *Crunch*. In some cases, specialized training programs will be organised prior to the event. In all cases, a lot of fun will be had by all!!!

## Christmas news at Crunch?



A **CHRISTMAS PARTY** for our Krunch Kids will be held on **Friday 5th December** in the Group Exercise Room. Please book your child's spot and collect an invite from reception. It is a 45 minute interactive song and dance show for children 18months to 5 years.

**IMPORTANT:** The operating hours of the creche will be reduced over the festive season. The hours are listed in the Christmas timetable booklet at reception.

*Merry Christmas to all of our gorgeous kids that visit the creche!*

*The Staff in Krunch for Kids*

XXXXXXXXXXXXXXXXXXXXXX

## CRUNCH CHRISTMAS CRACKERS

**5th December**—Children's Christmas Party 10.30 to 11.15am

**17th December**— MEMBERS' MORNING TEA 9am—12.30

9.30am—Santa's Boxing Circuit Class (Danielle & Dora). Wear your red & White Christmas outfits.

10am—70's Cycle (Tricia). Wear your 70's gym gear.

11am—70's Xmas HipHop (Michelle & Crunch Staff) Now is the time to just give it a go—you know you've been dying to shake your booty!!!

Prizes for best dressed!

Plus: Light refreshments, Bone-head Gym Clothing, Goddess Linerie, Mini Makeovers, Fashion Workshop by Meshea Lifestyle, Running Science shoes & more!

## CHRISTMAS TIMETABLE



**For those of you going on holiday—have a wonderful Christmas and a Happy New Year! Our Christmas timetable will be reduced, so please help yourself to a complimentary booklet available at reception.**

**We are also more than happy to give you a print-out of your personalized training program—if you are visiting gyms interstate or overseas!**

**Keep that exercise happening!**