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VIVA FITNESS Newsletter

9th January 2008

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QUOTE FOR THE MONTH

Welcome KRISTY,

Included in this months newsletter is a great recipe for tostadas perfect for all of that left over turkey, how you can get a FREE heart rate monitor, another great article from one of our PUSH_trainers, details for our 'most attendances' competition, and help with your New Years resolutions.

Also our Back 2 Business starts early in February, so don't miss out - it's the perfect way to get "back into it" after the christmas break.

Make It Happen .. GET RESULTS,

Dion Mychalyn

• RECIPE OF THE MONTH

TURKEY TOSTADAS

(makes 8 servings)

Ingredients:

Eight 6-inch flour tortillas



**"BE NOT AFRAID OF
GROWING SLOWLY. BE
AFRAID OF STANDING
STILL."**

**GET 10% OFF AT EAGLE
COMPUTERS!**



**VIVA GROUP FITNESS
TIMETABLE**



[Check out this months changes ...](#)

- 1 16-ounce can refried beans
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 3-1/2 cups cooked turkey, diced
- 1/2 cup green onions, chopped
- 1 cup tomatoes, chopped
- 1 cup shredded Cheddar Cheese

Directions:

1. Preheat oven to 200°. Place tortillas on ungreased baking sheets and bake for about 5 minutes or until golden brown and crisp.

2. In a small or medium saucepan, heat refried beans then stir in chili powder and cumin over medium heat.

3. In a medium sized bowl, toss together the turkey, green onions and tomatoes.

4. Remove tortillas from oven. Spoon the refried beans equally in the center of each tortilla then spread to about 1/2 inch from the edge.

5. Spread an equal amount of the turkey mixture over each tortilla then sprinkle with the shredded cheese.

Place the tostadas back in the oven and bake until the cheese melts then serve.

Approx nutritional analysis per tostada (191g);
Energy 360cal Sat Fat 6g Carbohydrate 29g Protein 28g

VIVA'S JOKE OF THE MONTH



[classic jokes..](#)

GET RESULTS .. GET REWARDS!



• MOST ATTENDANCES OF THE MONTH COMPETITION

You can **win** a viva pack including a heart rate monitor, T-shirt, back to business program for simply putting your name down at frontline to be in the competition to win the most attendances of the month.



The person who uses the club the most, **wins!**

• FREE HEART RATE MONITOR!

WANT TO TRAIN WITH YOUR LOVED ONES?



Bring a friend down to Viva and they can have a free visit on you.

Join your loved ones up this month and receive a

FREE HEART RATE MONITOR!

• WHAT'S YOUR EXCUSE FOR NOT EXERCISING?

[Check out our other business affiliations for great rewards!](#)

STRENGTH FOR LIFE AT VIVA!



[Check out strength training for the elderly](#)

"I sweat too much."

Contrary to popular belief cotton is not a good fabric for exercise clothing, because it gets wet and stays wet. Invest in some of the modern "wicking fabrics" that move the sweat away from the skin and allow it to evaporate easily. You're likely to be around other people who are red in the face and sweating too.



One of the few regrets I have about my life is that I didn't start exercising earlier. I look and feel better and regret that I didn't start to get that experience earlier in my life.

In case you haven't got the message, the important thing is to do more than you're doing now, and keep doing it.

Make a date with a happier, healthier you.

• MEMBER OF THE MONTH ...Fady

How can we go past the winner of the BTC who lost a record 30 kilograms in the challenge.

His determination and commitment will get us all through the Christmas period.



Fady, YOU ROCK!

• TEAM MEMBER OF THE

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MONTH....Susanna

Susanna is again the team member of the month for all of her hard work over the christmas period.

She is always smiling, whilst driving her team forward, delivering you the best frontline greeting possible.

Susanna you are an eagle!

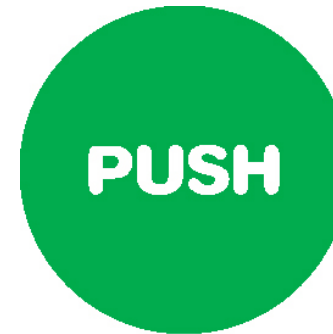


• PUSH_Article of the Month!

PRACTICAL TIPS FOR THE NEW YEAR

1 For moderate activity a person is required to do approximately 70,000 steps per day. Keep in mind that generally people are doing much less due to a sedentary lifestyle and sit down jobs. Get up and get moving!

2 Commercial breaks should be used to get up and move around. In each half an hour show there is 8 minutes of adverts. For an hour program you are getting 16 minutes that you could be doing something to burn extra calories. Get up and say hi to the dog, walk up and down the hallway, run around and chase the kids... use the opportunity and do some incidental exercise.



[THE RIGHT BUTTON]

3 Stress less and burn more. Perform regular high to moderate exercise and regulate stimulants like coffee. Make sure you eat healthy foods and don't forget to have a laugh every now and then. When you feel a little stressed try yoga, pilates, tai-chi, or even just squeeze all your muscles from head to toe... try it and watch the stress disappear.

4 Make sure that you are taking sleep seriously. Get into a routine by getting up around the same time each morning and going to bed at the same time each night. Try not to have stimulants 3-4 hours before bed and stay away from the alcohol around bed time. Just by eating too much you will get less sleep so eat smaller meals at night time. Write things down before you sleep so that they are clear from your mind and don't stay up all night thinking about stresses. Most importantly just go to sleep when you are tired. The body works in cycles of 60-90 minutes, so sleep now or you'll have to wait 1 ½ hours before you doze off again.

5 Drink plenty of water each day. A general rule of thumb is 300ml per 10kg of body weight that you carry. For an 80kg person they should be having roughly 2.4lt of water each day. With each coffee or stimulant make sure you have an extra glass of water just to balance out the body from what you lose.

PUSH_ all the right buttons and good luck in the New Year Jamil

- **BACK 2 BUSINESS**

**Starts Saturday
February 2nd, 2008**

Become stronger and



gain the enthusiasm
you want in a 7 week
team challenge.



You will tone up, become stronger and gain the
enthusiasm you need, towards the results you
want.

Fat loss circuits will work you at your own pace and
give you the support from the help of the training
team.

**RESULTS GUARANTEED OR YOUR OLD BODY
BACK!**

- **NEW YEARS RESOLUTION**

If 2008 is going to be
your best year yet, then
get off to a good start.

Get the support,
motivation and energy
you need to live your
dream.



**3 SESSIONS FOR \$75
NOW!**

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