



EXERCISE PHYSIOLOGY NEWSLETTER

Be motivated by experts to get real life changes

**THE 1ST CLASS
PERSONAL TRAINING SERVICE
& BOUTIQUE GYM**

**GET INSPIRED by our
AMAZING testimonies**



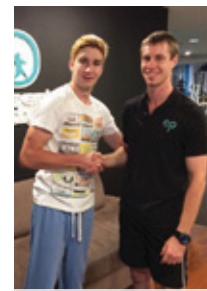
MARK

Mark's dedication to training has resulted in over 30kgs weight loss and over 35cm waist reduction. Incredible discipline and all round amazing man.



KERRY

Kerry tightening up her exercise routine has dropped over 8.8kgs & reduced waist by over 9cm. Blood pressure reflects an elite athlete reading 110/67, resting pulse of 44bpm. Now averaging 17,000 steps a day and participating in our group fitness classes & enjoying the social interaction.



LUKE

Luke - significant improvement in body shape. Increased lean muscle by 10kgs, shoulders 12cm, chest 10cm. Luke is now turning heads.



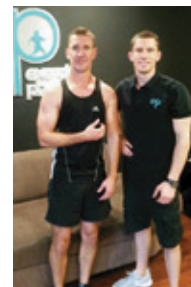
CAROLINE

Caroline in 3 months training with Brett has decreased kgs, reduced waist by 8cm while increasing her functional daily duties & quality of life. Significant improvement in balance, co-ordination, back strength, posture, mood & energy levels. Appreciate her warm, friendly personality.



MARG

Marg consistently training over 15yrs as our regular. We appreciate her loyalty and good will towards 'EP' continually singing our praises. Watch out for her infectious hugs given around the gym.



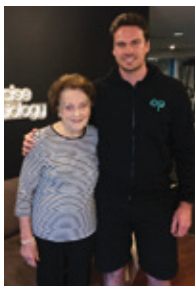
PAUL

Paul increased 6kg lean muscle & improved body shape. Extremely consistent with his discipline, increasing strength & overall fitness making Paul one of our strongest & fittest members.



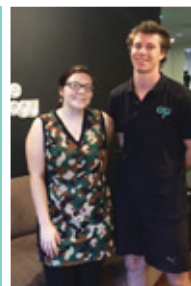
ED

ED upon retiring made a conscious decision to improve his lifestyle. We have seen significant improvements reducing blood pressure, sugars & heart risks. Improving health, strength & quality of life. Ed brings a incredible sense of humour with his daily jokes for the gym atmosphere.



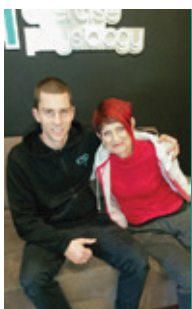
KATHLEEN

Kathleen proves age is not a barrier at 93yrs young increasing her strength, balance and co-ordination. Reporting performing daily living easier with increased independence and self-confidence. Committed to improving her lifestyle. A great ambassador.



OLIVIA

Rapid weight loss - In as little as 8 weeks has dropped almost 10kg!, over 10cm off her waist/hips. Since developing an exercise habit is making smarter choices with diet & now walking taller with more confidence.



ROBYN

Robyn a true inspiration to all trainers and members. Although suffering multiple sclerosis she turns up with a smile and a passion to give it her best go. Committed to improving her lifestyle and quality of life.



SUSAN

Susan's consistency and commitment to training has seen her increase her aerobic capacity and energy to be able to perform up to 2hr exercise sessions, averaging 20,000 steps daily. She brings a warm, up-beat personality appreciated by all staff & members.



GEOFF

Geoff dropped over 7kgs, decreased waist/hips by over 12cm, improved health, fitness & his daily ability to give more to life. Delivering 100% on a daily, weekly & life level. A super father, husband & genuine citizen to society.

UNLIMITED GYM MEMBERSHIPS FROM \$7.00

Conditions Apply

Live Longer Live Stronger

Making life easier as you get older, improving your daily quality of life. Increase your balance, co-ordination, strength, fitness, mood and energy levels.



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FUN FACTS

- Laughing 100 times is equivalent to 15mins of exercise on a stationary bike.
- The body's hardest working muscle is the heart which beats approx 100,000 times a day.
- The muscle that can generate the most power is your jaw muscle.
- By the time you reach 50 years of age you would of walked approx 75,000 miles.
- Sitting for more than 3 hrs a day can cut two years off a person's life expectancy.
- 1 can of soda a day increases your chances of getting type two diabetes by 22%.
- 30mins of physical activity 6 days a week is linked to 40% lower risk of early death.
- You should always breathe correctly when exercising. Underwater swimming is the only time you should hold your breath.

**SUPPORTING
OUR MEMBERS
with the cancer
council relay for life**



Believe . Become . B. EP

Change your life today call for your complimentary consultation on
9501 5999 or email us on **ep@ex-phys.com.au**
www.ex-phys.com.au