

Get Fit Tas Tells It Like It Is: The Set Your Goals then Smash 'Em Edition

Hey Crew,

Can you believe it - we're over half-way through 2013! So much has happened, and we've got heaps more planned for the rest of 2013 and beyond, so we figured now is the right time for a bit of an update!

The beginning of a new year - whether you go by financial year, calendar year or even your birthday year - is a great time to reassess goals and start planning for the next 6-12 months.

So, cool kids, this edition is all about goals and plans!

What are your health and fitness goals? Have you entered that half-marathon you promised yourself you'd do this year; or lost those last few kg's you said you'd lose as part of your new years resolution?

We talk a bit more about the importance of goal setting on page 2. If you're looking for a new goal then check out our calendar of upcoming events and activities on page 5.

Finally, we give you a bit of an update on where we're at and what our goals are for Get Fit Tas over the next few months.

As always we wouldn't be here without you - so we want to thank you for your continued support and encourage you to share your feedback with us. Whether it's sessions you particularly loved (or hated); sessions you'd like to see us try or different session times, please talk to us and let us know your thoughts. We can't always make it happen, but we do take all your comments on board.

Looking forward to working with you to keep smashing out those goals for the last half of 2013 and beyond!

Cheers,
Jase



Important Updates You Don't Want to Miss

One of our goals for the 2013-14 year is to get super-organised, so there are a few admin tasks we're getting done over the coming months.

Some of them will impact on you - so please read this info carefully and complete anything that's relevant to you. As always, if you have any questions don't hesitate to ask!

Enrolment Forms Due By 9 August

Everyone should have completed one of these when they came to their first session, but it's time for a refresh!!

So please complete a new rego form, which we will email out to everyone soon, check and double-check all your details are correct, and either bring to your next session, or return via email to us.

We will be updating our database throughout August. We don't want you to miss out on any important/hilarious/exciting updates we send out, so please ensure all your details are correct and get your form back to us by 9 August.

New Timetable and Payment Arrangements from 12 August 2013

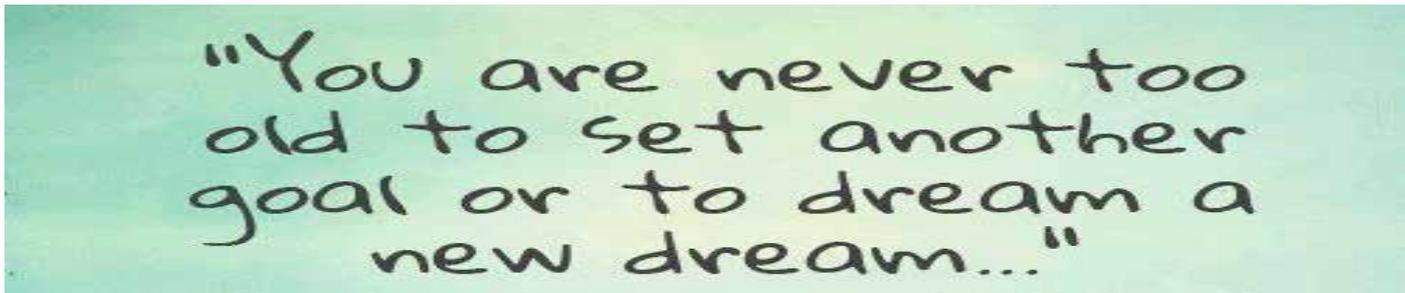
We are introducing a new pre-payment structure for bootcamp and running sessions.

The new system will make it easier for everyone to keep track of payments. We have also had lots of feedback from people saying they would like to purchase 'blocks' of sessions they can then tick off as they attend.

From 12 August we will run sessions in six week blocks. Blocks will run back-to-back, the dates are on our website. You can buy a pass to attend a certain number of sessions within each block.

More info is on page 3.

Why Setting Goals is So Important:



"You are never too old to set another goal or to dream a new dream..."

Setting goals is one of the easiest and most satisfying ways to measure progress and motivate ourselves on our fitness journey.

Sometimes the process of setting goals itself can seem like too much work - or a process that's only for 'serious athletes', but having goals to train towards can bring focus, motivation and dedication to each training session.

By setting specific goals you get into the nuts and bolts of what you need to do - and when you need to do it by - to reach your ideal outcome.

Your goals:

- inspire you to do the work
- excite you (and maybe even scare you a lil' bit)
- are SMART - Specific, Measurable, Achievable, Realistic and Time-based.

While we'll be talking about your goals in relation to health and fitness, these principles can be applied to help you create action and progress in any area of your life.

Remember you can come back and revise and update your goals at any time.

Try these simple steps to setting out your goals, and you'll soon be on your way to smashing 'em out.

What are SMART goals?

Specific: Don't be vague, get clear on exactly what you want to do, and put it out there.

We like: I want to run Paris Marathon 2014
Not so much: I want to run a marathon.

Measurable: How will you know if you've reached your goal?

Using the example above it's pretty obvious how we'll measure this goal.

If your goal is to lose 5kg, we'd measure this by recording our weight every week.

Achievable: You need to think about how much time and effort you can realistically commit towards achieving your goal taking into account work, family and other commitments.

We like: I want to run Paris Marathon 2014 in 10 months time.

Not so much: I want to run Ross Marathon in two months time.

Realistic: This is similar to achievable, but takes it to the next level.

We like: I want to run a PB in the Paris Marathon.
Not so much: I want to win the Paris Marathon.

Time-based: Once you've set your goal you need to give it a time-frame (if it doesn't have one already built in) so we can break it down into smaller, more manageable sections we can execute with ease!

We like: Map out a training plan for the 10 months before your Paris, picking a few key milestones (a few half-marathons, a 38km long run) over the 10 month period to measure progress.

Not so much: "Eh, I'll just do the sessions Jase sets each week and try and get out for a long run once a week."

Keep an eye on our website for some Q&A's with Crew who set their goals and smashed 'em!

Want more info?

- Check out the info sheets and goal planning checklists on our website by clicking on the resources link at www.getfittas.com.au/faq
- Talk to us about your goals so we can map out a plan to get you there.
- Talk to Loz about other goal setting tools, tips and useful info (she may or may not be a bit of a goal oriented/planning nerd)

News from Us!

What's been happening at Get Fit Tas HQ (and a bit about our goals too!)

New Pricing and Payment Structure from 12 August 2013

We are introducing a new pre-payment structure for our regular boot camp and running sessions.

How will it work?

We have divided the year into six week blocks starting from 12 August. Blocks run back-to-back. The week before each block starts we will send you an email with the block dates, timetable and payment details. You will need to reply to the email letting us know which pass you would like to purchase for the next block, and transfer the money into the Get Fit Tas bank account. Once we receive your email and payment we will issue your pass. You can either print it and bring it along to your sessions, or we will mark you off at each session.

What are the different passes?

Passes range from six sessions to 30 (or more!) sessions for the six week block. As you commit to attending more sessions, the cost of each session drops.

1. Pass One: six sessions, \$66 = \$11 per session (average 1 session each week)
2. Pass Two: 12 sessions, \$126 = \$10.50 per session (average 2 sessions each week)
3. Pass Three: 18 sessions, \$180 = \$10 per session (average 3 sessions each week)
4. Pass Four: 24 sessions, \$216 = \$9 per session (average 4 sessions each week)
5. Pass Five: 30 sessions, \$240 = \$8 per session (average 5 sessions each week + attend sixth session each week for free)

Casual Prices: \$15 boot camp, \$12 running

Important things you need to know:

Passes are valid for one block only. You can use all visits in one week if you want; or spaced out over the entire block. Once the pass runs out casual prices apply until next block commences.

Running and boot camp sessions now cost the same. The Wednesday night running group and Sunday Pipeline run will remain free, however both Loz and Jase use these sessions as their own training time, so the level of support and advice - while still there - will be less than at our other running sessions.

It's our aim to continue to provide high quality, personalised group fitness training and running coaching at an affordable cost. This is the first time Get Fit Tas has raised prices since starting and is reflective of increasing venue hire/use costs.

We've designed this model based on feedback from many of you that it would be great to pre-pay for a block of sessions and tick them off as you attend, so you don't have to worry about bringing the right change to each session. This system still gives you the flexibility to choose which - and how many - sessions you attend each week. If you have a busy week at work, you can back off a bit if you need, knowing you can attend a few extra sessions the week after.

Similarly, we all know that if you've paid for something in advance it adds an extra level of motivation to make sure you get your money's worth! This makes it far more likely you'll get out of bed for that 6am session on a cold morning. Pre-paying your sessions adds an extra level of commitment and accountability to help you achieve your fitness goals. Plus, unlike a gym membership, if you've purchased a pass and we haven't seen you at sessions for a while you can expect a friendly call from us checking to see if you need your ass booted into gear!

Please don't hesitate to ask us any questions or let us know your feedback on the new model. More info will be added over the next few weeks to www.getfittas.com.au/pricing and upcoming block dates on the website will be at www.getfittas.com.au/schedule

News from Us!

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(and a bit about our goals too!)

What else is in the Pipeline? (pipeline of the planning variety, you obsessed running-types)

Hey Bendy-Stretchy-Flexi Get Fit Crew...wanna try Pilates?!?!

We have had some feedback that people are keen for a stretch class. So with that in mind, we've got the opportunity to run a Get Fit Tas Beginners Pilates Course.

Pilates improves flexibility, strength, balance and body awareness. It was introduced in the 1920s by physical trainer Joseph Pilates as a way to help injured athletes and dancers safely return to exercise and maintain their fitness and can be an aerobic and non-aerobic form of exercise.

When: 7.30pm Monday nights. Six week block commencing 19 August, finishing 23 September

Where: South Hobart Primary School

Who: Fiona Poke, Accredited Pilates Instructor (and also newly minted Get Fit Runner!)

How Much: \$99 for six week block. Payable in advance before the course commences.

Interested? **Spaces are limited to 12 people per class. Please RSVP to Loz (laura@getfittas.com.au) asap or by 5 August if you are keen.** Loz will email you with payment details.

RAW Challenge: Boo Yah Yeah!

Join the Get Fit Team for the RAW Challenge, on 2nd November 2013.

8km, 30+ obstacles, unlimited laps. Get ready to have some FUN!

Check out the event website: www.rawchallenge.com.au

Keep an eye on the Get Fit Tas website for details on how to join our team and some special training sessions we'll have in the lead up to the event.

Introducing Loz

Lots of you will know Loz, who started training with Get Fit for Tough Mudder 2012 and as a qualified fitness instructor now takes some of our group fitness sessions.

Loz ended up with a bad back after a car accident a few years ago, and from the ongoing experience of rehabbing has developed a particular empathy for anyone who is trying to recover or train while injured.

Role at Get Fit:

Group Fitness Instructor/ COO
(aka Chief Organising Officer)/
self-appointed President of the Social Club

Loves:

Laughing, champagne, reading/trying everything fitness/health/nutrition related (some people also might add 'and banging on about all these things aaaalllll the time'), glitter cannons (three words: SO. MUCH. FUN.) and going on adventures. And Oz, of course (aaawwwww).

Hates: Not much. Actually, being stuck behind slow drivers. I like driving fast. I come from a family of rally car drivers, I can't help it.

It's the goals edition - what are your goals Loz?

Melbourne 1/2 Marathon + Paris Full Marathon + getting a totally bad-ass acrobatic yoga pose down-pat + a summer of triathlon fun + getting the all clear from my Physio to get back on my Mountain Bike!

Loz will be available soon for Personal Training sessions all day on Tuesdays and other mornings or evenings. Prices are available on the website www.getfittas.com.au/pricing. Email laura@getfittas.com.au to book in a session.



What's the Hap's People?

Here's what we know is happening.

We'll be adding these events into the calendar on our website. If you enter a race or event that's vaguely fitness related or you think some of the crew would be interested please send through the details to Loz (laura@gefittas.com.au) and we'll add it in!

2013

Ross Marathons: Sunday 1 September

Marathon, Half-Marathon, 10km Run/Walk,
1.5km Children's Challenge
www.rossmarathons.org

Melbourne Marathon Festival: Sunday 13 October

Marathon, Half-Marathon, 10km Run, 5.7km Run,
3km Walk
www.melbournemarathon.com.au

RAW Challenge: Saturday 2 November

8km, 30+ obstacles, unlimited laps.
40min out of Hobart. Lots of mud.
Wwwwwhhhheeeee!
www.rawchallenge.com.au

Sunsmart Ironman WA: Sunday 8 December

3.8km swim + 180.25km ride + 42.2km run = Wowee!
Let's get behind our illustrious leader and Chief Trainer as he tackles the toughest event out there - a full ironman.
www.ironman.com

2014

Cadbury Marathon: Sunday 12 January

Marathon, Half Marathon, 10km, 5km or Kids 1km
www.cadburymarathon.com.au

Coles Bay Half: 15 February 2014

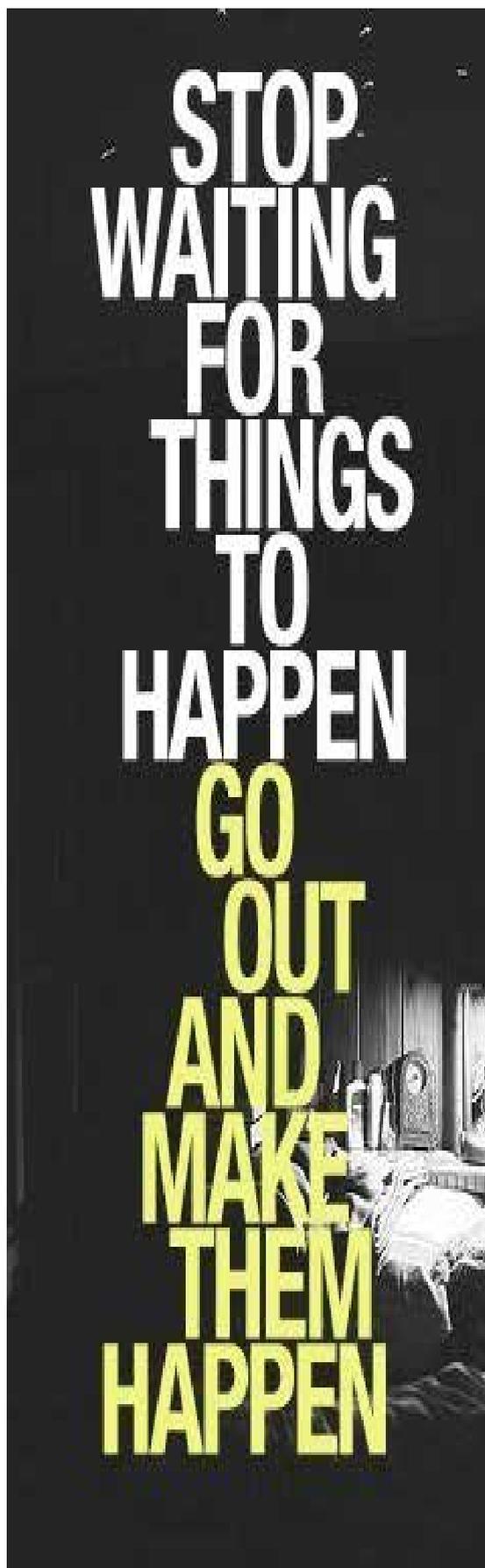
Half-ironman and sprint distance triathlon
(N.B: sprint distance = perfect for beginners. Just ask Loz, Naz and Oz who did it last year).
www.colesbayhalf.com

Summer Survival: Date TBC

8km kayak + 25km road cycle + 15km mountain bike
+ 8km run
Get a team together and have some fun. A great day out!
www.endorfun.com.au

Marathon de Paris: 6 April 2014

Full Marathon, Half Marathon
Go on! Aim big and challenge yourself! We are going to Paris in 2014.
Keep an eye out for details of packages including flights, accommodation, entry and your personalised training plan soon.



Happy Times!

