

### Welcome to 2010

Many of you may have made a New Years resolution, have you kept it so far? To help keep you on track, write it down and place it up somewhere you will constantly see it. This maybe behind the toilet door, on the fridge or on your bedroom door. Also tell someone what it is so they can help keep you on track aswell.

Make 2010 the healthiest year of your life by:

- Quit Smoking
- Exercising consistently for 30 minutes a day
- Learn how to read food labels
- Join a social sporting club
- Cut out the junk foods
- Achieve 4 alcohol free days a week
- Get checked for Cancer (especially breast, prostate and bowel),
  - Have a blood test to check Cholesterol and glucose levels,
  - Check your Blood Pressure
  - Speak to your doctor about Mental Health (Depression, Stress and Anxiety)

From all the team at Trench Health and Fitness, we hope you had a great break over the festive period and feel rejuvenated before getting back to work.

### WHATS ON??



The New round of **INSPIRE AND IGNITE** classes start Jan 18th, Monday 5:30-6:30pm @Kings Park  
\$95 for 8 x 1 hour sessions

Visit [www.trenchhealth.com.au](http://www.trenchhealth.com.au) for more info



### Trench Summer Booster Program

New round of classes for the Summer Booster Program begin On Jan 18th. These classes are run 6:45-7:45am Monday and Wednesday mornings (twice a week) @ Langley Park.  
\$175 for 12 x 1 hour sessions

Visit [www.trenchhealth.com.au](http://www.trenchhealth.com.au) for more info



Australia's Healthy Weight week runs from the 24th January til 31st January. It is a time for all Australian's eat better, feel better and move more.

[www.healthyweightweek.com.au](http://www.healthyweightweek.com.au)



Trench Health and Fitness has fitness Facilities in the Perth CBD and Shenton Park

Opening hours as follows:

|                    |            |
|--------------------|------------|
| Monday to Thursday | 6am - 8pm  |
| Friday             | 6am - 2pm  |
| Saturday           | 8am - 12pm |

For further information contact:  
Your health and lifestyle coordinator  
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