



**Suzy Reading**  
**Yoga - Personal Training – Psychology**  
**[www.suzyreading.com](http://www.suzyreading.com)**

### **Feeling Fit and Fabulous without Breaking the Bank**

**In a time of economic restraint, it pays take a broader outlook on ways of keeping fit and fabulous. Achieving good health needn't cost you a fortune. With mindful choices you can reach the desired effects while staying on budget.**

**What resources are available to you?** Are you a member of a gym and if so, are you really making the best use of that membership? Have you looked into alternate gyms or membership options that might be a little kinder on the bank balance? Assess how many visits to the gym each week will really justify your membership and make sure this is a realistic commitment. Think about joining a sporting team or consider outdoor group training where with you share the cost while getting a tailored program and good supervision. Consider having one session per month with a trainer who can design you a home based program which will be more cost effective and specific to your own goals – all you need is your own bodyweight!

**Every little bit counts.** It's not just organised exercise that counts - all the incidental movements in your day add up to helping you stay fit and fabulous. Keep in mind the opportunities open to you every day and take joy in the fact that hoovering gets you fitter, cleaning the windows tones your arms, doing the grocery shopping burns energy. We are blessed in this country with great weather just about all year round and with plenty of natural beauty to keep us entertained - just head out for a walk and commune with nature. It's good for the soul!

#### **A note about the author:**

Suzy is a qualified personal trainer and psychologist with a background in elite sport. She competed as a figure skater for 13 years at a national level in Australia. Suzy is also a qualified yoga teacher having completed her accreditation with London's prestigious "The Life Centre". Suzy has been running her own personal training and wellbeing business for over seven years, working with a wide variety of clients to achieve good health, confidence and positive self image.

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