



# NEWSLETTER

## HAPPY NEW YEAR JAN 2024

Welcome to 2024! The NY resolutions have been made, hot cross buns are on sale and we're thinking about facing the year ahead. We've got a few spaces to join the team, reply to this email to find out about the friends discount

### BACK IN THE PARK JAN 9th

Its time to embrace the joy of a summer morning with your friends, set the alarm and get ready to return to Petersham Park for another fun year of Pride Fitness. The coffee dates, the battle ropes, the sprinklers turning on in the middle of training - so much to look forward to!



### HEALTHY HABITS

*If you're one of the 63% of Aussies who resolved to be "fitter" this year, here's some tips to help make that change*

**Plan.** How are you going to hit that goal? Make your goals specific and measurable so you know you're on track.

**Set smaller "mini" goals.** You're not going to achieve it all in a day, so set smaller goals and reward those milestones.

**Don't beat yourself up** if you fail. Keep at it. Tomorrow is a new day

### MIXING UP THE HOLIDAY FITNESS REGIME

Holidays didn't deter our fitness plans, just tweaked them somewhat. Some of us made the trip to Manly a few times for a 1.5km ocean swim, whilst others spent their days exploring Japan and skiing in Germany (with only one broken bone so far).



**9 JAN**

Training 2024 begins

**66 Days**

*the average time it takes to form a new habit*