



# RUN FOR YOUR LIFE

Running Wild Newsletter March 2008.

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## SELF DEFENCE COURSE FOR WOMEN

Bookings are now being taken for this 4 week course starting Wednesday night 12<sup>th</sup> March, 6.30pm to 8pm. It is designed specifically for women aged 15 to 70 and focuses on developing survival skills & awareness that may one day prove beneficial to you or your loved ones. The cost is \$80 and the instructor is local martial arts guru, Gary James.

## EASTER

Running Wild Fitness will close over Easter from Thursday 20<sup>th</sup> March at 8.30pm until Tuesday 25<sup>th</sup> at 6am.

## NEXT KAYAKING DAY

Is anyone interested on kayaking on Good Friday, 21<sup>st</sup> March? The next available date is Sat 12 April in the afternoon or Sun 13 April. Please let me know which date suits you best.

Email [merridy@runningwild.com.au](mailto:merridy@runningwild.com.au)

(Please note Merridy is away on the RTA Bike Ride from Lithgow to Scone from 29 March to 5 April)

## FITNESS INSTRUCTOR TRAINING

Jenny is doing the Heartmoves training course next weekend, so we will be offering Heartmoves again shortly.

Merridy will be attending the Filex conference in April to get the latest fitness information and see the latest equipment at the Fitness Expo.

## NUTRIMETIC FUNDRAISER

Merridy (with the help of gym member, Debra Hole) is starting early with fundraising for her marathon kayaking events later in the year. By purchasing Nutrimetic's shower gel at the bargain price of \$7.90 or other products from their latest catalogue, 20% will go to Merridy's fundraising for the Arrow Foundation (involved with bone marrow transplants) & Australian Red Cross. Great for presents. To check out the catalogue or place an order enquire at the gym!

## RUNNING WILD POLO SHIRTS

You may have seen Jenny, Merridy, Sam, Renae & Kaitlin wearing their navy & gold Coolmax shirts. If you would like to order one, they are \$35 and are available in women's & men's style with the distinctive Running Wild cheetah logo. Please let us know at the gym if you are

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interested.

## **CLAIMING BENEFITS FROM A HEALTH FUND**

We are happy to help with this process by providing receipts or other information. However, all funds operate in a different way. Please approach the health fund in the first instance and find out what they require - some have a form that you bring to the gym and have us fill out. Most seem to require a letter from your doctor stating that the gym visits are to help with a medical condition.

Running Wild is a registered health provider with Fitness Australia.

Yours in health & fitness,

*Merridy and Jenny*