

URBAN SURVIVOR Newsletter

ISSUE NO: 01

MAY/ JUNE 2007



OUR NEW E-NEWSLETTER

Hi everyone,

Welcome to the first issue of our new look newsletter. After years of relying on word of mouth and occasional flyers to notify members of upcoming events, we have decided to go high-tech. And we would love your feedback and suggestions. So if there is anything you'd like us to include in (or exclude from) our newsletter, or you have an event you would like other members to know about, please let us know at the end of a session or email us at survivor@urbansurvivor.com.au.

OUR NEW MEMBERS

Danny and I would like to welcome the following 26 new members that have joined the Urban Survivor ranks in the month of May:

# Sandy Lee	# Alison Pagsuyuin
# Brooke McHarg	# Martin Haslem
# Adam Rees	# Emma Coombs
# Michelle Denovan	# Justine Hayek
# Rebecca Prior	# Juliette Tobias-Webb
# Carley Archer	# Andrew King
# Heather Stoton	# Kat Simpson
# Janina Howard	# Yvette Cote
# Tracey Miller	# Trudy McDougall
# Judy Davidson	# Sarah Martin
# Stef Davidson	# Diana Willison
# Jordan Smith	# Sheryl Webby
# Linda Dobbs	# Sarah Lay

It's great to have you all onboard!

OUR NEW SESSIONS

We would also like to welcome Caroline and Chris to the Urban Survivor business. Some of our earliest members may remember the original Urban Survivor trailer that Danny and Andrew operated from when the business first began. Well, within the next few weeks, Caroline and Chris will be putting this trailer to good use by offering members additional training sessions around the Gold Coast. Locations and times will be advised towards the end of the month but Currumbin is a certainty and suburbs such as Emerald Lakes and Kirra are being considered. Again, if you have any suggestions or preferences please let us know.

OUR NEW MEMBERSHIP FEES

Another amendment that will begin from the 1st of June is a slight increase in our membership fees from \$50 to \$60 annually. This is due to increases in screen printing and operating costs and is unavoidable if we are to keep our regular boot camps at a low \$5 per session.

We are currently in the process of sorting out our membership base and we will be updating our long-standing members contact details within the next few weeks. Membership renewal is \$50. Upon renewal of your membership, every member will be provided a new Urban Survivor singlet, \$20 worth of shaver shop discount vouchers and a rank insignia to add to your shirt (with the ranks increasing yearly).

In organising the membership files we have been amazed at the longevity and loyalty of many of our members and we sincerely thank you all for your continued support.

MEMBER OF THE MONTH

Name: Graham Sayer
Age: 75 years young
Job: Medical Scientist
(Now retired)



The question most people ask us after their first session with Graham is "do you know how old he is?" And, considering his athletic physique and equally active mind, the answer is both astounding and inspiring. But what is even more inspiring, and what few people are aware of, is the huge challenge Graham has had to confront and overcome in recent years.

In fact, looking at Graham today, it is hard to believe that just four years ago he was diagnosed with aggressive throat cancer and given a mere 35% chance of survival. He quickly underwent major surgery and radiation, a process that is emotionally and physically draining for patients even a quarter of his age.

But Graham was determined not only to survive, but to thrive. The Gold Coast half-marathon was on the horizon and Graham set his mind on running it, despite 'other' medical professionals telling him that it was "not possible".

Six weeks after his radiation treatment finished Graham finished the half-marathon ahead of many runners a quarter of his age. And he has shown no signs of slowing down since. In fact, this year's half-marathon will be his twentieth.

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CONGRATULATIONS KYM!

After many tests and many anxious weeks of waiting, Kym Davis was recently accepted into the Qld Ambulance Service. Congratulations Kym. We knew you could do it. And with that determined fire in your belly there's no stopping you now.

A BIG THANKS TO MARINA!

On behalf of all the members and instructors that have stayed back on a Saturday morning in Miami for Marina's bacon and egg sandwiches and fresh brewed coffee we would like to say a big thanks. What a way to start the weekend. And thanks to James Lapham for his mighty impressive cheffing skills. He has got the tongs mastered, he has got the lingo down pat. All he needs now is a fitting apron. Any ideas and suggestions are welcome.

MEGABURN SPECIAL!

Megaburn Natural Nutrition develops its products from raw ingredients, vitamins, minerals, herbs and energy nutrients to deliver optimum performance and wellbeing the natural way. And, as a special discount offer for Urban Survivor members, Megaburn's popular 700gram tub of Ammo Electrolyte drink can be purchased at any boot camp session for only \$25.00. Visit megaburn.com or ask Danny or I for further details.

UPCOMING EVENTS

Springbrook Challenge

When: Saturday, 07 July

Cost: \$10

Time: 6.00–10.45am (Buses depart Miami Headland at 6am sharp)

What to Bring: Change of clothes, walking shoes, hat, towel, water.

Afterwards, we'll stop for a much-deserved breakfast at Springbrook Cottage.

Urban Survivor Dinner

When: Saturday, 30 June

Time: 7.00pm

Where: Chang Mai Thai, Broadbeach

Boot Camp Breakfast Special

When: Saturday, 02 June

Time: Straight after training

Where: Manolas Brothers Deli, Aria, Albert Street, Broadbeach

What: \$9.90 Big Breakfast Special

Venue Changes

When: Mon & Thurs, 18 & 21 June

Where: Broadwater Carpark, Marine Pde, Southport.

(Across from Australia Fair)

Why: Testing location for additional boot camps in the future.

When: Saturday, 09 June

Where: South Burleigh SLSC Carpark

Why: From this date onwards

Tuesday and Saturdays training will move from Miami to Burleigh Heads.

A SIMPLE APPROACH TO HEALTHY LIVING

Today there are a myriad of diets, potions, pills and lotions on the market that promise a thinner, fitter, younger, smarter and prettier you, sometimes instantaneously. But few deliver results. The truth is there are no quick fixes. Rather, the true key to feeling healthy and energised is simply to incorporate daily exercise and healthy eating into your everyday life.

Fortunately, as a member of Urban Survivor, you are already getting out and getting active. Hopefully you are combining these boot camp sessions with regular exercises you enjoy such as walking, running, swimming, weights sessions or anything else that frees your mind and gets your heart pumping and lungs puffing, for this builds the foundation of a healthy and active body and mind which, in turn, leads to a healthy and active life.

However, exercise alone is not enough. Certainly, even if you make no changes to your diet, exercise can make dramatic changes to your body weight and shape, your fitness, your mindset and your self-esteem. But if you want to get the most out of your body and yourself you need to provide it with the fuel to perform. And this doesn't have to mean a future of tofu and lettuce leaves. Instead, let's look at some simple dietary changes you can make every day starting from today:

- Make three-quarters of your lunch and dinner vegetables, fruits, cereals, breads, and other grain products. Snack on fruits and vegetables. Eat lots of coloured vegetables. Choose whole-grain, rye and enriched products more often.
- Choose lower fat dairy products, leaner meats and alternatives, and foods prepared with little or no fat. Shop for low fat (2% or less) or fat-free products such as milk, yoghurt, and cottage cheese. Read the nutritional guides on packaging. Eat smaller portions of leaner meats, poultry, and fish; remove visible fat from meat and the skin from poultry. Limit the use of extra fat like butter, margarine, and oil. Choose more peas, beans, and lentils
- Limit salt, caffeine, and alcohol. Minimize the consumption of salt. Cut down on added sugar such as jams, etc. Limit beverages with a high caffeine content (tea, coffees, sodas, chocolate drinks) to two cups per day. Minimize alcohol to 1-2 drinks per day. Have at least 2 alcohol-free days. And don't binge on weekends!
- Certain carbohydrates are great! However, limit consumption of carbohydrates such as cookies, donuts, pies, cakes, potato chips, etc. They are high in salt, sugar, fat, and calories, and low in nutritional value.
- Eat in moderation. If you are not hungry, don't eat.

And remember, you can set yourself up to be sick or you can choose to stay well. The choice is yours.

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