



SHAPE UP FOR SUMMER



Inspirational Transformation 'I'm Feeling Great'

Caroline Morgan
NSW



Cassandra has the keys to success this summer

ARE you struggling to lose weight and live the life you dream of?

Have you tried numerous diets and exercise programs only to fall off the wagon and regain the weight you lost?

'Imagine waking up every single morning feeling amazing'

Cassandra Newsome is a weight loss specialist who has been working alongside nutritionists, philosophers and personal trainers to make your weight loss journey successful, fun, easy, affordable and rewarding.

The good news is you can most definitely change your life and lose weight. The online Cassandra Newsome Weight Loss Program focuses on the four main steps to total life change;

Mindset – Nutrition – Weight Loss – Fitness

The great news is, its affordable and achievable for anyone, anywhere in the world with online technology.

You will connect with other weight loss hopefuls who have dreams, goals and a desire to change their lives just like you.



□ **Caption:** Healthy eating is just one of the many ways Cassandra Newsome's program can help you

Once you register you will receive your weight loss program welcome pack which will consist of a full outline that explains how your program will work to benefit you.

Program Contents Include:

- *Weekly Meal Plans – Fully guided meal plans with recipes, methods and shopping lists
- *Home Active Plan – A revolutionary active plan to assist you on your weightloss and healthy lifestyle journey.
- *Outstanding Motivation &

Support – Daily motivation and ongoing support through online forums and coaching material.

*Comprehensive Education & Coaching – A programmed coaching approach with weekly educational modules on weight loss, lifestyle, nutrition, fitness and mindset.

*Forums – share and discuss weight loss recovery in the online forums.

All of this for just \$3.99 a week**

How the program works:
*You will be placed in an online support platform so you can receive the outstanding motivation and support you need on a daily basis.

*You will receive CN Modules weekly, CN Modules are crucial tools for your weight loss journey.

*You will receive weekly meal plans fully designed for 7 days of eating healthy for a new you with weight loss and inner health success.

*You will receive a home active plan that will revolutionize the way you have thought about keeping active in the past.



Test and check yourself now

MANY of us have something we think may be wrong with our health, whether you feel short of breath at times, or feel your heart rate is too high, it's important to get your health concerns checked, not only for your physical health but for your peace of mind.

So If you have a health concern why not get it checked out at your local chemist. Graydons Chemist Glen Innes are this summer making available a comprehensive range of tests for customers to check on the status of their health themselves.

The checks include a celiac check, a kidney check, a hearing test, a stroke and cardiovascular test, lung capacity tests, and triglycerol test for diabetics.

Ben Tremain from Graydons said they are also offering numerous test in a special offer.

"There is available a 20 dollars for 20 minutes health check which includes a blood pressure tests, a heart rate tests, a blood glucose test (pictured) and a cholesterol tests, plus additional checks are available upon request," he said.

"We are also offering a sleep apnoea test which is especially important for people who drive heavy vehicles or those who drive long distances."

And if you are looking to shape up for summer, Graydons also have trained diet and weight loss consultants who you can speak to about your weight loss needs.

Plenty of places to enjoy the weather

THEIR is no better way to spend summer than by the pool. Not only does it give you the ability to cool off at a moment's notice but swimming is among the best forms of exercise you can do as it's known to work nearly every muscle in your body.

The Glen Innes District has two wonderful swim centres at Emmaville and Glen Innes with a variety of pool related activities to get into this summer.

Emmaville has a learn to swim program and swimming club that runs once a week as well as a toddlers pool for the

kids. Glen Innes also has learn to swim, netball and volleyball, swim squad training, early morning lap swimming, a toddlers pool and an ultra-fun aqua ball which is sure to be a hit with the kids this summer.

You can also sign up to become a member of Glen Innes's own Redfins swim club if you are really keen on getting into swimming.

The Glen Innes Severn Council has worked hard to upgrade the facilities at the centre with the toilet and shower block getting an overhaul as well as the main pool itself, all just in time for summer.

Both centres are also ideal locations for your summer time family parties and get together and life guards are on duty for the safety of swimmers.

Glen Innes is also full of lush immaculately prepared gardens and parks with lots of shade from trees so there is plenty of space to have a picnic in the park or even walk the dog and get some exercise.

DON'T MELT THIS SUMMER

Get out, get active at your swim centre

Glen Innes Swim Centre

- Early Morning Lap Swimming – Mon – Fri 6.30-8am
- Squad Training
- Red fins Swimming Club – Mon Nights – 6pm
- Learn To Swim
- Aqua Ball
- Synchronised Swimming
- Netball & Volleyball
- Babies Pool

Emmaville Swim Centre

- Learn to Swim
- Swimming Club – Mon Nights – 6pm
- Squad Training
- Babies Pool

BOTH SWIM CENTRES ARE IDEAL FOR PARTIES AND FAMILY EVENTS.

CLOSED CHRISTMAS DAY AND BOXING DAY
Glen Innes Swim Centre – 6730 2440
Emmaville Swim Centre – 6734 7249

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240 Grey Street,
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Ph: 6732 3016



SHAPE UP FOR SUMMER



Get into golf this summer

GOLF is a great sport to help you get active and get healthy and summer is the best time to get out onto the fairways and have a hit. A sport which can be enjoyed on your own or in a group both competitively and socially golf is a great way to get some exercises, some sun and have some fun at the same time.

Best of all you can play a full 18 holes if you're up to it, or cut that in half and play nine holes, or even just play a few holes a day and build your fitness levels.

Also you can walk the stunning 5.5km course or drive a golf buggy until your fitness improves, the main thing is that you're out and about enjoying life and the game itself.

The Glen Innes course has a great reputation and is regarded as one of the best courses to play in the entire district. Memberships are quite affordable at \$310 for full membership, a veteran's membership is \$120 and a social membership is \$75 and non-members can enjoy 18 holes of social golf for just \$23 or nine holes for \$16.



Happy golfers: Janice Egan, Leta Kempton, Therese Correy and Nancy Kiehne are among many Glen Innes ladies who keep fit by playing golf regularly.

Local ladies golfer Janice Egan said golf is a great way of keeping fit and encourages anyone searching for a new hobby or sport to start swinging the clubs. "We have just had our four ball

championships and the gross winner and nett winner both had ladies in their 80s in their teams so if that doesn't show that it keeps you fit and healthy I don't know what does," she said.

"One of the ladies even recently climbed the Harbour Bridge."

Mrs Egan said she definitely encouraged ladies to get into golf and said there was plenty of opportunity for ladies to take part in a variety of competitions.

"We play Wednesdays and Sundays and the veterans play Tuesdays or you can also play with the men on Saturday," she said.

She also added that the nature of

the Glen Innes climate meant though summer is a great time to play golf can be played all year round.

"You can play all year here, anytime is good, it's never really too hot to play here."

SUMMER GOLF

Rod Kiehne
Golf Club Supervisor

Glen Innes Golf Club
Enjoy 18 holes of social golf for only \$23 (non members)

Glen Innes Golf Club
Golf Links Road, Glen Innes
Phone: 6732 1555

Be smart about the time that you spend in the sun

SUMMER is a great time to get fit but it is also the time of year that people need to be very sun smart and sun safe.

Timbs Pharmacy are this year encouraging people looking to get fit and enjoy their summer to also stay safe in the sun by not only donning a hat but also by slapping on some sunscreen.

Sunscreen is a great way to protect your kids from the sun during summer and save them from sunburn and protect against skin cancer. Timbs have a range of different sunscreens, creams and sprays with different strengths and varieties including sport, sensitive skin and kid's ranges, while also stocking a range of products to help alleviate the effects of sunburn you might incur.

Timbs Pharmacy staff will be more than happy to advise you on the best sunscreen for your needs so pop in and see them today and be ready for the summer sun.

While hats protect your head from the sun they also help prevent heatstroke by keeping the direct sun from hitting your head, as well



Range of sun smart products: Naomi Marchant, Megan Core and Stacey Marchant of Timbs Pharmacy.

as helping to keep you cool. The pharmacy has a range of fashionable hats for the summer for both adults and for children as well and teamed with a pair of sunglasses and sunscreen you will be more than ready to make the most of every day of summer.

HEALTH CHECKS

pressure check
blood pressure checked
monitor your heart's health.

20 minutes for \$20

- Blood Pressure
- Heart Rate
- Cholesterol
- Blood Glucose (fasting or non fasting)

NO APPOINTMENT NECESSARY

Additional tests available on request (at extra charge)

- Hearing • Sleep Study
- Kidney Checks

Call in and speak to Ben or Helen

Graydon's Amcal Pharmacy
230 Grey Street Glen Innes,
Ph: 6732 3066, 6732 1976

Amcal
Expert advice for every Australian.

NEW

MEAL PLANS
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Cassandra Newsome's
Weight Loss Program

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