



# REVIVE

RESHAPE REBALANCE REFORM

Level 1, 240 Waterworks Road

Ashgrove 4060

Ph: 3366 0500

ashgrove@revivestudio.com.au

www.revivestudio.com.au

## 2011 DECEMBER NEWSLETTER



Every day in Australia, 12 women will be diagnosed with a life shattering gynaecological cancer and four of these women will lose their battle. The Battle Against Ovarian Cancer Event aims to raise vital funds for life saving research into ovarian and gynaecological cancer.

In January REVIVE is sponsoring a fund raising event for this cause. Being held at Natalie Cook's Sandstorm beach volley ball courts the even **BATTLE AGAINST OVARIAN CANCER**, is being run by the Qld Centre for Gynaecological Cancer on Sunday 29th January. <http://www.facebook.com/Battle.Against.Ovarian.Cancer?sk=info>

Revive staff will be playing as a team against the likes of the Reds and the Firebirds! It will be a great day and we would appreciate your support to assist with the fund raising. The event has a Facebook page and you can directly sponsor us at the link below. You may want to enter your own team and see if you can beat us if you can! To donate please go to the link below. Help keep our selves, our mothers, wives and daughters safe.



<https://register.eventarc.com/sponsor/view/76224/>

[shauna-farguhar](#) Have a safe and happy Christmas – *Jules*

### Exercise of the Month: Leg Pull Front



Start position: Push up position, pelvis and spine in neutral. Legs extended hip width apart. Arms straight under shoulders. Inhale set core and stabilise shoulders.



Exercise movement. Exhale lift one leg off mat as high as maintaining spinal neutral



Inhale: Return the leg back to start position.

*Exhale repeat the other side. Repeat 6-8 times each side.*

Do not perform this exercise if you have neck or back pain. Consult your physiotherapist prior to attempting any new exercise if you have joint or muscular pain.

### CHRISTMAS SPECIALS

#### EQUIPMENT PILATES

30 Pass Equipment Pilates = \$1050 (save \$360)

40 Pass Equipment Pilates = \$1360 (save \$520)

50 Pass Equipment Pilates = \$1650 (save \$700)

Start Up Pack = \$620 (save \$80)

#### MASSAGE

Massage 5 Pack = \$400 (save \$50)

Massage 5 Pack = \$700 (save \$200)

#### MAT CLASSES

Unlimited Mat Classes!!

1 Month \$160

3 Months \$420



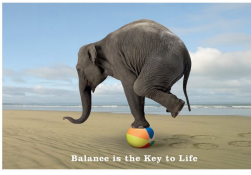
### Reformer classes at Revive

You will notice from this month that we are running more reformer classes in the second studio. These classes have been generated by a "Living Social" deal we ran to encourage people wanting a fitness based pilates workout to attend the studio.

Previously this equipment has been under utilized and the reformer classes will mean that all of the studio space is being used efficiently. With more people in the pilates studios you may find that there is less space than you are used to on occasion.

We will ensure that there is adequate equipment for all clients at all times. If you experience any problems or difficulties with the introduction of these classes, we urge you to let us know so we can attend to your needs in a timely manner.

## Balance



As we get older our balance deteriorates, so it is vital to continue challenging your balance as part of your exercise regime.

*Ways to improve your balance at home:*

- Standing on one leg
- Closing your eyes
- Standing on a soft surface or pillow for example:
  - Head movements – looking up, down, left and right.
  - Arm movements – arms in front/out to the side

**A HAPPY AND PEACEFUL CHRISTMAS WISH TO ALL OF OUR WONDERFUL CLIENTS. THANKS FOR YOUR SUPPORT, FRIENDSHIP, TRUST AND THE LAUGHS WE HAVE HAD TOGETHER.**

**FROM THE TEAM AT REVIVE 2011**



## Christmas Trading Hours



**Saturday 24<sup>th</sup> December: 7:00am – 12:00pm**

**Sunday 25<sup>th</sup> December: Closed**

**Monday 26<sup>th</sup> December: Closed**

**Tuesday 27<sup>th</sup> December: Closed**

**Wednesday 28<sup>th</sup> December: 7:00am – 5:00pm**

**Thursday 29<sup>th</sup> December: 7:00am – 5:00pm**

**Friday 30<sup>th</sup> December: 7:00am – 1:00pm**

**Saturday 31<sup>st</sup> December: 7:00am – 1:00pm**

**Sunday 1<sup>st</sup> January: Closed**

**Monday 2<sup>nd</sup> January: Closed**

**Tuesday 3<sup>rd</sup> January: Back to normal trading hours as follows:**

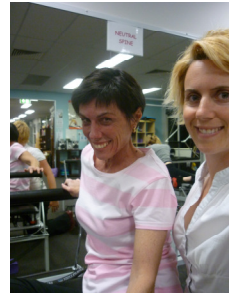
**Monday to Thursday: 7:00am – 8:00pm**

**Friday: 7:00am – 6:00pm**

**Saturday: 7:00am – 3:00pm**

## Client of the month -

### Cathy O'Leary!



#### 1. What made you first attend Revive?

I have been working with and visiting Julie Campbell and her businesses for years and years (and that is no understatement). Julie was the physio when I was managing the Lady Bullets / Brisbane Blazers. I use to trek from Ipswich over to Hendra when Julie worked over there. So, what made me first attend Revive, the short simple answer is Julie. Now Julie has a great team working with her and now the wonderful Anouska has taken the lead in looking after me.

#### 2. What services do you use at Revive?

I currently utilise one-on-one Pilate's sessions and physio services to keep me on the straight and narrow. However, I have used group Pilates classes, massage facilities and I have had acupuncture. I also saw a podiatrist when Revive was in the city.

#### 3. When you're not at Revive, what do you enjoy doing?

I love anything to do with travel. Put me on a plane and I am a happy little camper. I also enjoy watching most sports, in particular basketball. Watching mindless DVDs is also a pretty good pastime.

#### 4. What are your short term and long term goals?

I don't really have goals as my work life takes up far too much of my headspace. However, off the top of my head, I would say a short term goal would be - 'keep coming to Revive so that I stay as strong as a possibly can'; and long term it would either be 'pay off the mortgage' or 'travel to South America'. I know which I would prefer J

#### 5. Who inspires you?

It can change, depending on my mood. I get inspired by a 7 year old cerebral palsy boy doing a mini marathon in Melbourne to a group of Sri Lankan women who work to pay back special loans in their community.

#### 6. What have you found is the best thing about Revive?

The people – Revive workers and the clients. Great staff attracts nice people. Everyone at Revive treat me like family, which I love. I walk through the door having had a bad day, I may even have considered 'wagging it', but then all my stresses disappear. We have great banter and still get through the programs.

*Thank you to everyone at Revive, especially I thank Anouska for her encouragement, nagging and patience.*

*"Congratulations Cath—you so deserve this recognition—your positive attitude in the face of some massive challenges inspires me and my staff—you are a lovely person and we love looking after you—enjoy your massage—Love Jules xx"*