



REVIVE

RESHAPE REBALANCE REFORM

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FEBRUARY 2012 NEWSLETTER



What a busy start to the year! The kids are back at school (yay) and the rhythm of life has picked up pace again.

Just a short note from me this month as we have a lot to fit into this newsletter! This month we announce our sponsored athletes—congratulations to all—details are over the page. We also launch our new look website—with a cleaner, clearer

set-up—we hope it will reflect the message of Revive that we are here to help people achieve a pain free life that can be enjoyed to the fullest.

Congratulations also to the winner of last month's Facebook competition. Claire Welshe has won a pilates start up pack worth \$795! Keep checking in on our Facebook page for our next comp and maybe you could be our next winner. Take care— *Jules*

On Jan 29th Revive was part of the BATTLE AGAINST OVARIAN CANCER at Sandstorm beach volleyball courts. We are proud to have been part of this fund raiser to highlight this silent disease that touches so many lives. Great work team!!



Valentine's Day Specials

Don't forget the gift of Health and fitness for your Valentine this year!

Massage pack

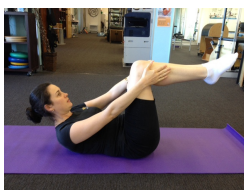
5 one hour massages - \$400

Mat pilates pack

One hour intro mat class plus
5 mat pilates classes - \$90

Terms and conditions apply to specials and packages

Exercise of the Month: SINGLE LEG STRETCH



Start Position: Lying on your back in a crunch. Legs in table top, and hands just beside legs.



Exercise Movement: Inhale set abdominals and shoulders. Exhale: Extend one leg away, and move your outside arm to your ankle, and inside arm to your bent knee.



Inhale: Begin to switch hands and legs. Exhale, extend opposite leg, and change your hands to the opposite bent knee.

Repeat 8-10 times.

Do not perform this exercise if you experience back or neck pain before consulting your physiotherapist or instructor

Staff News

- This month we say goodbye to two of our admin staff. Catherine who has been offered a position in an honours program in Perth and Jessica who has been offered a journalism job with Channel 7 in Mackay. They will both be missed and we wish them luck in their future endeavours.
- Anouska will be away from Tuesday 24th January - Tuesday 28th February in LA with the Australian para cycling team.
- Jess will be undertaking the Women's health and incontinence workshop this month in Newcastle
- Catalina is having her baby on the 23rd and will be on Maternity leave for 4 months.—best wishes to Cat, we can't wait to have a nurse of the new bub.

When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us." — Alexander Graham Bell

Revive Athlete Sponsorship Winners:

Revive Ashgrove will be sponsoring 6 Athletes in 2012 for physiotherapy, massage and pilates. We would like to thank all athletes who applied and congratulate our 6 fantastic winners and three runners up. Most of these athletes are completely self funded, often having to work part or full time to be able to train and compete at an elite level. Revive wants to give something back to sports and hopes to help these amazing, dedicated athletes achieve their goals this year.



- ◆ **Nick Toohey** - Nick is a track and field athlete who is aiming for possible Olympic selection and Australian representation at the next two world Championships in 2016.

- ◆ **Josh Amberger** - Josh is a triathlete who Has placed third at Noosa. Josh has a busy year of international racing and is planning to place top 10 in Iowa in September this year. He has been awarded the Australian U23 Sprint distance Championship and Australian Junior Champion award.



- ◆ **Christophe Manchon** - also a triathlete, Christophe placed 3rd in his age group at the Australian Triathlon ch/ships and the 1st in the Qld State Ch/ships (sprint distance) in 2011. He placed 3rd in the Noosa Triathlon last year. This year Christophe hopes to place in the top 10 at the World ch/ships in Auckland in October.

- ◆ **Nicholas Hull** - Nicholas is a triathlete who most recently placed 2nd in the Qld Tri Series at Robina. Nick aims to compete in the half ironman distance in Perth this year and has a number of interstate races planned for the year.



- ◆ **Marianne Westacott** - Marianne is an up and coming State level cyclist aiming to break into the top of the field of female cyclists in Australia this year. Marianne finished the end of last season (her first), near the top of the Qld field
- ◆ **Nicole Moerig** - Nicole is a triathlete turned cyclist who is passionate about cycling becoming her sport for the future. She placed 1st in the Kingscliff Triathlon and Mooloolaba Triathlon in her age group last year. Nic is hoping for selection to ride with an elite women's team this year.



Nicole

Marianne

We are also providing minor sponsorships to the following athletes for 6 months: Peter Thompson (Cyclist), Tim Rutherford (Rugby league referee) and Tim Donkin (flatwater Sprint Kayaker)