

This July 2011 Good News letter is packed with the following goodies...

- **Wisdom unearthed – Fitness, not just about your body. Holistic fitness – aim for that!**
- **Café Toi Toi in Muriwai – Great tips from the gannets plus owner's feedback of a great night**
- **A fabulous article from moi to toi – Freedom – FLY – Freedom Lifts You**
- **Cross Pollination – Sally Feinerman - Personal Trainer on the North Shore**
- **NzBODY – great fitness gear that you can purchase online...**
- **Recommended reading for your growth - The non-marathoners guide for women. Get off your butt and get on with the training. Dawn Dais**

Wisdom Unearthed – Fitness, not just about your body. Holistic fitness - aim for that!

When you think of the word fitness, you probably most often think about the state of your body and energy levels. But how mind-fit are you? How fit and empowering are your words? How fit(ing) are your beliefs to help you reach your current goals? How fit is your view of yourself and what's possible? When do you "fit" time in to rest, recover and reflect? Does your present friendship circle fit well with who you wish to be? Can you see yourself being the perfect fit for someone in a new relationship or improved current one? How fit is your family life, sex life, business life? Holistic fitness – aim for that!

Café Toi Toi in Muriwai - Great tips from the gannets plus owner's feedback of a great night

Friday 17 June saw me out at Café Toi Toi in Muriwai (near the gannet colony) where I MC'ed a fabulous night and spoke alongside Stephne Vaughan (Colour Coach). Here are some key pointers (from the gannets) that I gleaned together for a fun and motivating talk!

Have a goal – Some of you have goals that are too small and you wonder why you feel unfulfilled. Others of you may need to chunk or down size to smaller, more achievable goals which will help provide the motivation and the impetus to keep you moving forward and lasting the distance.

Have an intrinsic belief that you CAN do it / have it... The gannets are either mad, crazy, have no brain or maybe they simply have an amazing intrinsic belief that can make the 2000km flight from here to Oz without ever having flown before! Check out your beLIEfs as like the word says, they are often LIEs. Think success.

Watch your words – Imagine the gannets making excuses that they won't make the flight because they haven't yet got down to size, got the right dress to wear, aren't qualified enough, haven't got the business card yet.....Get my drift? Stop making excuses.

Nourish yourself well – This is not just about eating well. Nourish yourself with activities, practices, people, events....that fill and fulfil you - in other words with things that energise you. Gannet chicks are nourished by what their parents give them. Then they learn enroute how to get their own nourishment that will give them sufficient energy to have a successful flight.

Move!!! Gannets practice for their maiden flight by flapping their wings whilst sitting on the rock! Take action today by moving and taking some kind of action. Practice, make the phone call you have been putting off, arrange to meet a certain person that can help you, book the class, make the date....

Support crew – Gannets tend to fly off together on their cross-Tasman flight. They don't typically ask seagulls to join them as they probably aren't up to that long trek. Instead they find fellow gannets to fly with them who know what they are up for, have prepared in a similar way and have the belief that they too can make it....

Be in the flow - I bet that gannets use the wind and air currents to the best of their advantage. Be in the flow – whatever that means to you. For some of you that means connecting with something – God, Source, Mother Earth... For some of you, that involves prayer, stillness, meditation, quiet time....For others of you, stop micromanaging your life and allow it to evolve more with fewer restrictions and more flow.

Don't give up I was surprised to discover that many gannets don't make their destination. Be like the strong ones that make it. Don't give up on your dream. Keep up the preparation and ground work that will see your dream coming to fruition and don't forget to enjoy and acknowledge every moment of the preparation and flight!

If you have a specific purpose for bringing your employees, clients, patients, customers... together, read [Café Toi Toi owner's reason for having me run this evening and her great feedback](#). Your reason could be for team morale, added-value to clients, desiring more customers, motivating a certain group, reward to high achieving staff.....and I can help you with that event by MC-ing or speaking at it.

A fabulous article from moi to toi ! Freedom – FLY – Freedom Lifts You

This article has some great analogies with the gannets, cliff jumping, comfort zone and confinement versus freedom and the theme of this newsletter. Check out the article [here](#).

Do you want great content for your own newsletters or websites or even for your clients? Feel free to use any of my articles or poetry that you can view by clicking [here](#). Simply ensure Janelle Fletcher - The Confidence Coach, Speaker – www.janellefletcher.com is included at the end of the article. Sally Feinerman, for example, uses one of my articles regularly in her newsletter. No effort on her part to write a good content, quality article, but the article offers great added value to her personal training clients.

Cross Pollination - Sally Feinerman – Fitness Fix Personal Trainer www.fitnessfix.co.nz

I met Sally just prior to her completing the 100km Oxfam challenge this April, which I had done the year previously. What I love about Sally is she is out there doing some great stuff with women, but also challenging herself to step up to new adventures.

Sally specializes in women's health and fitness, and has a passion for helping women achieve their health and fitness goals. She offers a personalized service in a relaxed and friendly environment. Her studio on the North Shore, Auckland caters for One on One training and small group fitness classes with 4-6 women. She also has a complimentary walking group, meeting at Mairangi Bay every Saturday at 7.30am. Walkers give a gold coin donation which goes to Oxfam New Zealand. They meet rain, hail or shine, but especially shine! Sally also runs a very popular 8 week challenge with Lynda Smith from Nutrition for Life. Sally & Lynda realized the need for a challenge that was personalized and flexible for ladies with busy schedules. The 8 week challenge is designed to kick start your fat loss and fitness regime and empower you to reach your goals, and you can start the challenge at a time that suits you. Details and contact information at www.fitnessfix.co.nz

NzBODY – online fitness gear... The simple act of exercise has the capacity to transform our bodies, minds and spirits. Whether we choose the gym, the dance studio or the road, the clothes we wear need to be able to prove their worth. **NzBody** brings the latest and greatest women's sports and fitness wear into New Zealand. With their innovative fabrics and eye-catching colours and designs the clothes are designed to inspire you to get out there and give it a go. Life's too short not to. Check out www.nzbody.co.nz for the catalogue and online purchases. Keep up the good work Margo and Bronac.

Recommended Reading for your growth

The non-marathoners guide for women. Get off your butt, and get on with the training by Dawn Dais.

This is not solely a book for those of us crazy or adventurous enough to take on the challenge of a marathon. This book is also for those of you who have at least a small ounce of desire to do something beyond your comfort zone or present confidence level.

I laughed so much reading this book that I could be heard from great distances. In fact I needed a hankie to mop up the tears from laughing so much. I loved the fun insights that came from Dawn, who was a self-confessed couch potato, but who was also prepared to get through the chafing, spandex, long list of excuses and "better things to do list".....to complete a marathon.

Why am I running the New York marathon?

Don't forget to check out my own motivation for doing the New York marathon in 20 weeks time. Please, get behind me team by going to my fundraising page. www.fundraiseonline.co.nz/JanelleFletcher I am also after some help with my fundraising efforts / events so if you have ideas, time or something else up your sleeve, ring me!

Go well and grow well in the month of July. Janelle

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New York marathon Nov 2011 fundraising page www.fundraiseonline.co.nz/JanelleFletcher