

Newsletter



Issue 25 - September 2009

Dear #firstname#,

This month we go from one end of the giving spectrum to the other. A **complimentary** audio is available at [Stretch your Mind and Body](#). You'll need to scroll down the page and make sure you have pen & paper at the ready.

Then there are **complimentary** Canberra presentations during September, an **offer** to take \$2,900 off the purchase price of property, Canberra **Kickstart me Quick courses and lastly, most importantly, we're requesting your support for the Homeless.**

Thank you..

goes to **Queanbeyan City Council for seeing the value in teaching Bush Survival skills to the Links to Learning students.**

These 12 to 15 year olds are at risk of leaving school but have been able to see how a healthy mind and body not only helps in the bush, but also in town. And some are interested in Financial Fitness too! :-)

Life's lighter side

Please accept that no offence is intended. If you have a sense of humour, you are on the way to great health.

A planet in another Solar System sees Earth not looking too good. "You look quite ill mate. What's the problem?" Earth says "I've got **homo sapienitis**." The other planet says "Oh don't worry. I've had that virus and it won't last long." Touche!!

From Zed's Desk

In addition to our offers this month, in October I'll be in **Brisbane (8th-11th), Perth (14th-16th) and Sydney 22nd - 23rd** doing Financial Health sessions for a corporate client. **If you'd like to catch up or organise a presentation for your friends/workplace** just drop me a line [here](#) and we'll see what we can do.



Business in Focus month (BIFM) events

August in Victoria was BIFM and September is BIFM in the ACT. For overseas readers, these are 2 of Australia's 8 states/territories and September is our Spring, hence a great time to Spring clean the finances. **Funny how we only have 8 states, yet we're the size of North America or Europe.**

Anyway Financial Fitness has teamed with [O2C](#) and we're giving 2 hour complimentary presentations on Financial and Emotional fitness. Dates are **11 or 21 September**. Check out the details [here](#).

Kickstart me Quick: This one day workshop develops your personal Money Action Plan (MAP). Learn how to remove financial stress and have more time by managing your money with flexibility. We'll debunk some myths of the maze and show you how to talk about money with significant others. **Includes a Financial Fitness pack and follow up call.** Dates are **24 September or 31 October**. Investment is \$399. Our **standard guarantee applies**. Places are limited. Contact [McMillan Training](#) to enrol.

Special Reader offer: Save \$2,900 off your own home or a guaranteed rental property

We'd like to offer readers \$2,900 off the purchase price of an OzInvest property. OzInvest **provide 10 year leaseback guarantees on rental properties although you can also buy to live in**. You're invited to learn more about property investment [here](#) and if you have any questions please don't hesitate to contact us. Indeed Property has been Larissa's preferred asset class for wealth creation.

Pyjama party for a cause



long." Touche!!

If you think someone may benefit from this information please forward it. The sooner we are financially literate the sooner we can spend our time as we please and society will benefit as a whole.

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Next month:

**You can blame
Financial Fitness
The pain of addiction**

While [Wholistic Financial Solutions](#) and Financial Fitness were planning a sleepout to raise money for the homeless, a group of volunteers were already well on the way. Please read more and support this worthy cause by donating or coming down to Canberra's Albert Hall on **Friday the 11th of September** to sleep with us (so to speak) :-)

Thank you in advance. Here's the link for "sleeping at Albert Hall with me" <http://www.springpv.org/gimmeshelter/>

And here's the link for financial support: <http://www.gofundraise.com.au/ZimmermanL>

Fitness Tips

For the Mind: Are you a man or woman who loves too much? One who makes excuses for your partner, focusing on them more than yourself? The best help you can give is letting go of their problems, stop playing the rescuer and allow them to manage themselves. Yes it's a fine line between supporting the person versus supporting the habit.

For the Body: Take 60 seconds to give yourself a head massage, then a face and foot massage when you're next on the couch. Of course you and your partner can tend to each other too, which is a great example of affection for children too.

For the Wallet: Share what you know about money with those you love. Ultimately this will allow them to support themselves and save you spending money on them in the future.

For Inspiration

*If I had six hours to chop down a tree
I'd spend the first four sharpening the axe.
Abraham Lincoln*

Training for a healthy Mind, Body AND Wallet

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If you would like National Financial Fitness to provide you with quality training call **1300 YES NOW 1300 YES NOW**
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