

## National Financial Fitness

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**From:** National Financial Fitness [edu@financialfitness.com.au]  
**Sent:** Tuesday, 8 November 2011 1:07 PM  
**To:** edu@financialfitness.com.au  
**Subject:** A gift for your time, coming events & tips for a Financially Fit Festive season

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Dear there,

I'd love to give you a gift for a few moments of your time. Please complete the 10 quick questions [here](#) for which you choose your own gift and please [forward this email](#) so your friends can have their say too. If you'd like to read the one page synopsis on each proposed piece of legislation, they can be found [here](#).

Now, this month's newsletter has **details of a beautiful retreat, an Entree from Your Money Mistress' Menu, the Defence Officers in Business launch and of course, most importantly, tips for you to have a financially fit festive season!** Please enjoy and as always, we welcome your feedback - thank you!

Wishing you a healthy mind, body AND wallet!

Larissa Zimmerman, aka **Your Money Mistress: Whipping wallets into shape**

BSc (Maths) plus a few other pieces of paper

**If you want to be Financially Fit ASK US HOW: call 1300 YES NOW (1300 937 669)**

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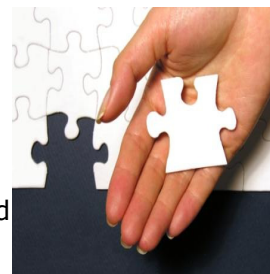
# Newsletter



Issue 51 - November 2011

Hi there,

With just over 6 weeks to Christmas have you written a list of people to buy for and how much you want to spend? Remember if you don't pay your credit card in full, the festive season costs can blow out exponentially due to compound interest. Perhaps get into the original spirit of Christmas, spending TIME instead of money, focussing on PRESENCE instead of presents, with our loved ones, grateful that they are still with us.



And to help you unwind and redesign your life the Carp Diem (Seize the day) retreat is a new, tranquil offering supported by ancient wisdom. I am excited to be one of the presenters on the 10th December and details can be found [here](#). **Please note the Early Bird discount ends on 11 November.** Next, if you're in the Macarthur area on the 23rd November come and see Your Money Mistress (YMM) deliver "Love, laughter and liabilities". Complimentary, [details here](#). So much for trying to keep Dame Edna (YMM) separate to Barry Humphries (National Financial Fitness)!

Until next, stay healthy, happy & wealthy, inside & out!

National Financial Fitness : Australia wide Government accredited training, supporting the Wilderness Society and more

**Thank you..** to Defence Officers in Business

for asking me to be on the panel with General Cosgrove - quite an honour! You can attend the launch in most capital cities this Thursday 10th November. Details [here](#).

## 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.***

In olden times, sacrifices were made at the altar, a custom which is still very much practised. So, during the ceremony when the Minister asks if anyone knows why these two people should not marry, have a four year old run up the aisle calling "Daddy, Daddy."

How are men like UFO's? You don't know where they come from, what their mission is or when they're going to take off.

## Fitness Tips (with more on [the blog](#), [new Face Book page](#) & [radio shows](#))

**For the Mind:** Imagine this is your last Christmas with your loved ones. What would you want to give them and what would you ask for in return? Ask your loved ones for their answers as well and their thoughts on making 2011 as a Financially Fit festive season. And resources to help you retrain the brain and see a new perspective are available here <http://www.financialfitness.com.au/online-store.html>.



**For the Body:** When exercising keep your joints soft, meaning don't lock your knees at the end of the movement when doing leg extensions or squats, nor your elbows when doing push ups or tricep extensions. Locking joints at the end of the movement puts pressure on them and by keeping joints soft, you work the muscle more too.

**For the Wallet:** Check out the latest tips on the Face Book page and blog (links above).

## For Inspiration

*"When things go wrong they're meant to so you can outgrow the current situation." Anon*

If you think someone may benefit from this information please [forward this email](#). If you'd prefer your financial education a little more risque check out [www.yourmoneymistress.com](http://www.yourmoneymistress.com). 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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## 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 937 669**

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