

**Subject:** Larissa, tomorrow night I'll be in the SBS Insight audience!

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# Newsletter



Issue 44 - April 2011

Dear Larissa,

Due to me being an Australian Defence Force Academy (ADFA) Cadet, a lot of time has been taken up with the issue of females in Defence. There are so many factors involved here I won't attempt to shed light on the matter. **Hopefully, I'll get the chance to portray a balanced view on SBS 'Insight' on Tuesday night at 7.30 PM.**

The main point here is to live your life as though you were in the BIG Brother house. I've said it before "**if you have nothing to hide you have nothing to fear and that is VERY liberating**".

Until next, stay healthy, happy & wealthy, inside & out!  
National Financial Fitness

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**Thank you..** goes to [Ben Angel](#). A refreshing face on the scene, Ben coaches people on how to brand themselves. He's not afraid to be different and spoke well on the art of polarising the public.

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### 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 woman proudly told her friend that she was responsible for making her husband a millionaire. "What was he

### From Your Money Mistress: Whipping your wallet into shape!

Finally the new website is born!! Check it out and the complimentary downloads [here](#).

Since **Face Book have not reinstated the Money Mistress Page** that had almost a thousand fans there is an interim group you can join as the new Page is developed. Thank you.



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### Corporate training

And yes, the new National Financial Fitness (NFF) website is good to go too! Check it out [here](#). **If you'd like the complimentary Check up**, just complete the 'Subscribe' form and it will be automatically emailed to you. If you are already a subscriber don't worry you won't receive the newsletter twice.

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### Individuals

Even if you're not in business the end of the Financial Year is a great time to review your finances. Check out the videos and new [NFF site](#) for tips on how to **start the New Year with new financial habits**.

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### Aunty Lissy

#### Let children handle money from a young age.

They won't be scared of it if they're used to it. And letting them pass the money to the shop attendant has to be tempered with explanation of how we get the money. That is, we work for it, not that it just comes from a hole in the wall.



before you married?" the friend asked.  
"A billionaire," the woman said.

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If you think someone may benefit from this information please [forward this email](#). 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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**Our training is Government accredited meaning an external auditor has deemed it to meet Australian standards.**

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## Fitness Tips

**For the Mind:** Build your confidence by identifying your strengths and weaknesses. Accept them and build on them. Knowing your strengths and weaknesses is actually a Principle of Leadership.

**Body:** Make use of your surroundings and move more. You can walk your dog, play in the park with or without your child, or get out into the garden. Mild exercise after eating (like a walk around the block after dinner instead of being a couch potato) will burn calories and benefit your mind as well.

**For the Wallet:** With one click you can now easily subscribe to the fortnightly relationship and money saving tips on my blog [here](#).

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## For Inspiration

*"Our greatest glory consist not in never falling,  
but in rising every time we fall."*

## Training for a healthy Mind, Body AND Wallet

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