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Newsletter



Issue 47 - July 2011

Dear Larissa,

Happy Financial New Year!! What are your new healthy habits? You can share them on [my blog](#) that currently has 43 tips and is growing.

If you'd like to request a song or **be a guest on my radio show "In bed with Zed"** (yes that's my nickname), let me know on the [Face Book page](#) [More Love and Less Debt](#).

We'll be discussing healthy Mind, Body & Wallet skills, plus C words like Communication and F words like Feelings. You can stream it between 10pm-midnight from the [2MCR website](#).

Until next time, stay healthy, happy & wealthy, inside and out.
National Financial Fitness

Thank you.. goes to [Strive Holistic Personal Training](#) who will again host Your Money Mistress to speak on **Wed 6th July. See the 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.

This one's for my Mum who's just had a quadruple heart bypass and loves ironing. I've said in her eulogy I'll have to say "Mum lived to 100 and spent 25 years ironing."

During the Easter Sunday service the

From Your Money Mistress: Whipping your wallet into shape!

For 1 week only The Bedside Guide to S&M: How to have Sizzling sex & More money in your relationship **is discounted 40%**. You'll get a longer lasting effect and fun from it than you would if you went to the movies (& the movies cost more)! **And Justin Herald's Face Book message to me was** "Just read your book that was in my man bag. Good read." So **grab your copy [here](#).**



And finally **the TV Taster is here!** Have a laugh, learn & post a comment or give the thumbs up. Film industry contacts are welcome and once we get the go ahead we'll be needing case studies. Of course this will all be helped by you spreading the word so THANK YOU in advance. Watch it [here](#).

Corporate training

Here are a couple of questions that were posed to **Melbourne and Canberra attendees recently.**

- a. **How much time do you spend worrying about your money?**
- b. **How much do you think you need to retire on?**

Because obviously someone who is not worried about their money or retirement is able to focus on enjoying their work ;-). If you haven't seen the new website check it out [here](#).

Individuals

So we're six months through the calendar year? How's it going so far? Every six months do strategic visioning. Start by looking at what your bank balance was six months ago and how you spent your time. **How many**

Minister commented to the little girl "That's a pretty dress. Is it your Easter dress?" "Thank you - yes it is," said the little girl. "Mum says it's a bitch to iron."

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.

Our training is Government accredited meaning an external auditor has deemed it to meet Australian standards.

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hugs, kisses and smiles did you give out each day?

Has it changed?

Remember knowledge isn't power unless it's put into action! Some people haven't seen the new website with a few other tips. Check it out [here](#).

[Aunty Lissy](#)

Thinking of our children, who we are borrowing the planet from, I had to make a comment at the end of [this video](#). It's an addendum to the SBS Insight appearance and at 3:35 I speak of my theory on mental health and at 5:20 is the comment about the world's arable land mass compared to population.



[Fitness Tips](#)

For the Mind: Every morning before getting out of bed take a couple of deep breaths and thank the powers that be that you had a roof over your head last night and a warm bed (in my case, an electric blanket, two doonas and thermals ;-)

Body: Would you want your body to be mineral deficient or dehydrated? If we think of Planet Earth as an extension of ourselves, think about how we're using her resources. Are you wasteful? I know I'm using a third of the water a normal one person household uses. So value your body and the "body" that supports you.

For the Wallet: Check out the latest tips on my blog [here](#).

[For Inspiration](#)

It's better to lose your pride to the one you love than lose the one you love due to pride.

Anon

Training for a healthy Mind, Body AND Wallet

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