

Subject: Hi there! Sir Richard Branson asked me to whip Eddie McGuire's butt!

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Dear there,

Please find below the October newsletter. It's a little late due to a Spring clean of over 500 business cards and preparing to meet Richard Branson in Melbourne last weekend. The week's preparation was well worth the invitation by Sir Richard to whip Eddie McGuire's bottom as he bent over a chair in front of Your Money Mistress (my alter ego) and 8,000 people at Hisense arena! Videos and photos to follow after approval has been given. And as always, we value your feedback! Please enjoy xx

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)

Newsletter



Issue 50 - October 2011

Hi there,

Having written to the PM and all state Premiers about Financial Literacy Legislation and a Pre - Parenting Program to replace the Baby Bonus, we'd love to hear your thoughts. This follows our survey from 2008 and this time there are 10 quick questions for which you get to choose your own reward for your time. Please complete it [here](#) and [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](#). Thank you!



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 Campbelltown Performing Arts High School.

It was a pleasure to come in and share with you how mental, physical and financial fitness are related to whichever career you choose. Thank you for your questions afterwards about the Army and how to develop emotional intelligence. You guys rock!

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.

As per the Face Book page: How many psychologists does it take to change a light bulb? Only one, but the light bulb has to want to change ;-)

Fitness Tips

For the Mind: When we try too hard, energy is forced and can be distorted or bottle necked, or stopped altogether. Close your eyes and visualise scanning your body from head to toe like the sci-fi movies do. As you move down, diffuse any negative energy. As you sweep back up, get excited by visualizing little positive charges filling your body. To help you retrain the brain and see a new perspective, **some of our favorite books are available [here](#).**



For the Body: Imagine you had one car for life. How well would you treat it? Now imagine you have one body for life. Hmmm - how will you treat it?

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

For Inspiration

"Slow down so the Angel of Good Fortune can catch you." Chin-Ning Chu

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. The sooner we are financially literate the sooner we can spend our time as we please and society will benefit as a whole.

You've received this newsletter due to association with National Financial Fitness. If this is an error please notify us. Also, please consider the environment and print duplex, only if necessary.

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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