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# Newsletter



Issue 49 - September 2011

Hi there,

To celebrate Spring here in Australia we've revamped the newsletter. Last month saw the last Aunty Lissy segment but that doesn't mean we've stopped teaching school children - thank you to those concerned and we hope you enjoy your copy of the **Getting ahead: Financial Goal setting for Teenagers. You can still get your copy by** reading August's newsletter or via our store [here](#) ;-)



You'll find ways to teach children about money on the Face Book (FB) page "[Whipping wallets into shape](#)" and on [Your Money Mistress' \(YMM\) blog](#). **If you like the FB page you'll get Monday's funny, Wednesday's wealth tip and Friday's Fitness tip.** The blog is every few weeks and unless you tell me you'd like more personal information, I'll keep it as a short lesson on money (so far we're up to lesson 45). Thus we've done away with **YMM as she comes into her own, much like Dame Edna distinguishing herself from Barry Humphries.**

**Please do keep abreast of YMM using the links above.** Next month we'll be asking your opinions on financial literacy legislation so [please forward this email](#) so they can have their say. Thank you!

Until next, stay healthy, happy & wealthy, inside & out!  
National Financial Fitness : Australia wide Government accredited training

[Thank you.. to those who have recently asked who our Program is for.](#)

Well because our Program and all associated training asks participants to complete activities based on their own situation, people on all levels of income benefit. We've had unemployed jobseekers and people on more than \$200,000 per annum enjoy the same course as they realise their own habits and how to improve. And the principles of investing can be described many ways so we tailor to our audience.

## 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 husband and wife are drinking wine watching TV. The wife says "I love you" and the husband asks "Is that you or the wine talking?" The wife pauses, then says "It's me talking to the wine."

## Fitness Tips

**For the Mind:** Instead of using the excuse "that's how I am", realise that your brain's plasticity means you can change your neural pathways, if you really want or have to. Practise the new you in your mind so you say it more easily next time. E.G. Instead of accepting you're always late (which could be seen as stealing someone else's time) say "I'm getting better at being on time." To help you retrain the brain and see a new perspective, **some of our favorite books are available [here](#).**



**Body:** When working out remember to balance your body. If you do thighs, do hamstrings on the same or 'near after' day. The same with pectoral (chest) and back muscles. If you don't you'll end up HUGE on one side only - not a good look ;-)

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

## For Inspiration

*"You can't build a reputation on what you're going to do." Henry Ford*

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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### **Training for a healthy Mind, Body AND Wallet**

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