

## View Email in Browser

**Subject: Sir Richard Branson, Reunions & Home runs**

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Dear Larissa,

For those who celebrated Easter and Anzac day (which I still do after 14 years in the Army) were you able to spend it with loved ones? I hope so! Indeed Australia is a lucky country and I often relay the saying that "Every day above ground is a good day!"

Continuing with the positivity, I recently met Sir Richard Branson in Adelaide again. He loves Australia and says that he is most passionate about the Elders and Virgin unite. Two years ago he asked me to whip Eddie McGuire's butt in front of 8,000 people and this time I offered my services in any capacity (e.g start an Elders or Virgin Unite Down Under, as there's no volunteering opportunities at the moment). The poor guy was bombarded by people wanting something and perhaps I didn't relay my offering as best I could. Either way, there'll be another day whereby I can jump on the bigger "Do good" band wagon. Indeed charity starts at home so I'll just keep working with all the great organisations here in south west Sydney ;-)

Wishing you a healthy mind, body AND wallet!

Larissa Zimmerman, aka **Your Money Mistress: Whipping wallets into shape** (['Link In' with me](#))

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 62: Apr / May 13

Hi Larissa,

Do you ever feel like you have your fingers in too many pies? I do! That's why the 'Walk Across Sydney' is still in the planning stage. Thank you to all of those who have shown interest - I'll keep you posted. For those who are not sure you can watch a short clip here about Australia's predicament.

Now onto the Financial Fitness reunion that students have asked for although anyone is free to come along! At this point we will hold one in both Campbelltown NSW and Canberra ACT around the new financial year. If you are interested please let us know your preferred day of the week and time (e.g during school hours or after) We will be providing refreshments for all. I look forward to hearing your stories and answering any questions you might have!

Finally I would like to mention that the Housing NSW project we have been working on since August 2012 has hit a couple of home runs! Staff and tenants have been trained with some great results, and a mentor program for 1 on 1 consultations is underway in partnership with The Benevolent Society.

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

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

**Thank you...** To Campbelltown City Council who have asked me to speak at their Women's Finance session tomorrow. Sorry for the short notice (I was waiting on approval from another organisation re my mention of them in this newsletter). There's another Council talk in September though. 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 good health*

My wife keeps fit by jumping to conclusions and I keep fit by wrestling my conscience.

When the man asked for his daughter's hand in marriage the father said "Sure, take the one that's always in my pocket."

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

**For the Mind:** As a 15 year old troubled student recently said, "I run from things that are hard or that I don't like because that's what my parents have always done." Please remember the example you're setting for others and instead of focussing on material desires, write down for everyone to see what you want to be (eg patient, fun). As an aside I wondered if this poor boy who was on the brink of tears had ever been given a real hug. As a professional casual teacher in that setting I couldn't give him one but my eyes are watering now as I think of his story (& that of the other 14 in the group).



**For the Body:** Following on from above, if you feel stressed just throw your arms in the air, say "Screw it, I know what's important". Look to the sky, thank the powers that be for playing with you and testing your ability to let go, then hug someone you love, knowing you've won the game ;-)

**For the Wallet:** With the new Financial Year around the corner what are your New Year resolutions or rather, new habits? Write them in the positive, not negative. EG Each week I save \$20 towards Christmas. And of course there's always the [blog](#).

**And as usual, our recommended resources can be found [here](#)** and my alter ego (Your Money Mistress) has her book available [here](#).

### **For Inspiration:**

*"You, yourself, as much as anyone in the universe, deserve your love and affection."*  
Buddha

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.

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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