

Subject: Larissa could you be more excited than we are?

Newsletter



Edition 95: Winter 2019 Training for a healthy Mind, Body & Wallet

Hi Larissa,

It's 3 weeks into the new Financial Year. How are your resolutions going? Just as every Company looks at their Profit & Loss individuals can do the same. We mentioned looking at income, expenses and how much your nett worth has grown last time. Add to that how far along the path and how much further you have to go until you're not actively working for money (eg age 45 may be half way through your working life). Are you on track? Then... and this is where we're VERY excited... from the comfort of your own home you can enrol in our 8 Module Financial Fitness course. Sure there are other courses out there but this material comes from our Government accredited Health & Wealth Program that ASQA (Government auditors), have highly commended.

So thank you to those who Beta tested our course when it was three modules! You can see Jeanette's testimonial below. Before it gets promoted via [Successful Graduate](#) and TAFE Queensland we are looking for Beta testers for the 8 modules. Each Module has 3 units with more information available [here](#).

If you don't enrol in the course may we recommend you look into these 8 areas of your financial life anyway, as the statistic of only 5-6% being comfortable at retirement hasn't changed over the decades (unfortunately). The introductory price of 59 AUD will only be **available until the end of July**.

Any questions, just ask or you can [ENROL HERE](#). Thank you in advance to those who do, for empowering yourselves financially, and lower entry point products can be found at www.yourmoneymistress.com. Can you tell I'm passionate about people being financially independent? It's because ultimately society and the planet benefits. Indeed we hope you've had a great start to the Financial Year!

PS Just a reminder for USA subscribers I'll be bringing Mum across for her bucket list trip for five weeks from mid August. If you'd like an entertaining speaker for your organisation just [let me know!](#)

Until next, stay healthy, happy & wealthy, inside & out.

Larissa Zimmerman aka YMM. BSc (Maths) plus a few other pieces of paper

So much more than financial discipline! [Link In with me](#)

Providing Australia wide Government accredited training, supporting The Wilderness Society and more

[Thank you to ... Jeannette Dibley from Northern Rivers Bookkeeping Services for this testimonial.](#)

As a bookkeeper I have discussions frequently with business owners regarding the lack of financial literacy and capability of their staff. Having met Larissa and knowing that she practices what she preaches, I thought I would

see what the online course was like. While the information may seem simple for finance professionals, it is very well structured and just what is needed for people starting out on their financial path, regardless of age. I recommend doing the course as it will provide a great return on investment for the rest of your life!

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

I live in constant fear that my children will grow up to become famous artists and I'll have thrown out a billion dollars of their work.

I'm so poor I can't even afford to pay attention!

Fitness Tips (with 84 more tips on [the blog](#))

For the Mind: The brain needs blood flow and glucose to function, among other inputs. First thing when you wake, give your hair a good brush or that shiny patch a good massage. Extend the stimulation down via the neck to the top of the shoulders.

For the body: Again when first waking up, drink two glasses of room temperature water. Then leave it at least 20 minutes before eating. This helps the body hydrate after hours of no intake, flush out toxins and improve metabolism.

For the wallet: With effect 1 July 2019 Australian Superannuation changes came into play (as they do every year). This time balances less than \$6,000 and inactive accounts are affected. Contact your Superannuation fund (in the US, 401K) to see if you need to take any action to keep your hard earned money.

And there's always the [Face Book page](#) with Wealth Tip Wednesday or the Money Mistress website has a number of RESOURCES available [here](#).

For Inspiration:

"Everyone you will ever meet will know something you don't." Professor Bill Nye

If you think someone may benefit from this information please forward this newsletter. The sooner we are all financially literate the sooner we can spend less time at work, giving those who need a job some part time work.

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

www.financialfitness.com.au

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