

REMINDER !!!!!!! 6 DAYS LEFT TO GRAB THE "2 FOR 1" OFFER 8 WEEK WEIGHT LOSS CHALLENGE

Conditions Are:

- 1.THIS OFFER APPLIES TO FAMILY MEMBERS OR YOU CAN ENROL A FRIEND NOT CURRENTLY TRAINING AT FITNESSNRG
- 2.BOOK AND PAY BEFORE THE END OF TERM (SEPT 21ST)
- 3.THE PROGRAM NEEDS 10 FULL PAYERS TO RUN
- 4.IF YOU TAKE THIS OFFER AND "WIN" THE MAJOR PRIZE FOR THE 2 FOR 1 OFFER IS \$250

DATES TO REMEMBER

- OCT 7TH 4 WEEK BOOTCAMP STARTS \$150
8 WEEK WEIGHT LOSS CHALLENGE STARTS \$450
TERM 4 CLASSES BEGIN \$135
- NOV 2ND 4 WEEK BOOTCAMP ENDS
- NOV 5TH MELBOURNE CUP DAY
- NOV 11TH 4 WEEK BOOTCAMP STARTS \$150
- DEC 9TH BOOTCAMP ENDS
- DEC 12TH TERM 4 CLASSES END
- DEC 13TH "FRIDAY THE 13TH XMAS PARTY" (SCARY THEME !!!)
SARGES BARRACKS PUT IT IN YOUR DIARY!!!

RECOMMENDED DAILY IRON REQUIREMENTS

	MALES (mg/day)	FEMALES (mg/day)
9 to 13 years	8	8
14 to 18 years	11	15
19 to 50 years	8	18
51+ years	8	8

Iron in Food	mg iron
200g steak	7.0
1 cup mince	5
1 chicken breast	2.0
Fish fillet	1
½ cup baked beans	2.2
Slice grain bread	1
Breakfast cereal with iron	3
6 oysters	3.5
½ cup Spinach	0.6