



**SWET TALK
MAY 2016
NEWSLETTER**

SWET CALENDAR 2016

MAY	
20	SWET FITNESS TRAINER VACANCY CLOSES
21	RUCK CANCER NZ FUNDRAISER ENDS: WIN 2 TICKETS TO SEE AB'S VS WALES ON 18 JUNE
23	NEW TIMETABLE COMMENCES
JUNE	
6	QUEEN'S BIRTHDAY - GYM CLOSED
AUGUST	
10	SWET HQ'S 2 YEAR ANNIVERSARY - CELEBRATION NIGHT TBC
SEPTEMBER	
5	TOUGH GUY, TOUGH GAL, WAINUIOMATA

We've decided to restart our monthly newsletters again to make sure that everyone is in the know with what's going on, in and around SWET HQ.

Over the last few months, SWET has been involved in some fantastic events and we have also been able to witness some incredible achievements from some of our SWET members too so we look forward to sharing those with you in this newsletter.

With winter soon approaching, those sleep ins and warm nights in front of the telly become even more tempting. It is important then that we really think about our own individual goals and maybe even start forecasting ahead to sunnier times with those spring and summer goals in mind.

Ask yourself what your goals for spring or summer are. Is it to compete in Iron Maori? Round the Bays? Or is it just to feel good in your bathers for that summer beach getaway at the end of the year? "Whatever it may be, training with that forward-thinking mindset can make exercise so much more exciting. Write your goals down to make them real for yourself and commit to them. If you need an extra push to keep you on track, don't forget we also offer personal training services to help with that too."

A lot of you have already proven your commitment to your 2016 goals during the first quarter of this year and we really encourage you to keep going.

Remember, if you are PERSISTENT, you will GET it and if you are CONSISTENT you will KEEP it.

NEW TIMETABLE COMMENCING MON 23 MAY 2016

You asked for it and we listened. We're excited to show you our new timetable! You'll notice that we've added some more new timeslots in there for those that find 6am just a little too early.

Don't forget that if you have any family members or friends that would like to trial any class on our timetable, email us at admin@swet.co.nz and we can arrange a couple of complimentary trial sessions 'on the house'. Everyone is welcome!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0600	HIIT	SWET FIT	RUSH	HOTBOX	HIIT		
0645	HIIT		RUSH		HIIT		
0800						SWET FIT TEST	
0900						HIIT	
0930	HIIT	SWET FIT	RUSH				
1200	HIIT	RUSH	HOTBOX	SWET FIT	RUSH		
1730	ANDERSON PARK RUSH	CBD HIIT	ANDERSON PARK RUSH	CBD HIIT	ANDERSON PARK RUSH		
1830	MAD MONDAY	HOTBOX	RUSH	THROW-BACK THURSDAY	HIIT		

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SWET 5 WEEK BOOTCAMP

Our next morning and evening bootcamps are due to start on Mon 23 May 2016.

The Bootcamps consist of three 45 minute sessions per week. Weigh-ins are optional and will be held in the first week. These weigh-ins assess your body composition, muscle mass, hydration levels, body fat percentage and your metabolic rate and age. They are a great gauge for monitoring your progress from the beginning to the end of the Bootcamp. If you would like to be weighed in, please let us know as soon as possible so that we can book in a time PRIOR to your first bootcamp class.

Your Camp Options For: MON 23 MAY - FRI 24 JUN

OPTION 1	INDOOR A.M	MON 0600 WED 0600 FRI 0600
OPTION 2	INDOOR P.M	MON 1730 WED 1730 FRI 1730
OPTION 3	OUTDOOR P.M (Anderson Park)	MON 1730 WED 1730 FRI 1730



FUNCTIONAL FUSION:

On 19 March, 3 teams from SWET travelled up to Palmerston North and participated in Functional Fusion which is a brand new concept that bridges the gap between Endurance events, Strongman, Crossfit and Team Sports. The day was hosted by ATP, and a fantastic time was had by all. There were also some personal bests achieved on the day including a 220 kg deadlift by Phil Katene, who also took out the powerlifting section!

SWET looks forward to hosting the next competition and more details will come out about that soon so ... WATCH THIS SPACE!



WELLINGTON PASIFIKA BUSINESS NETWORK AWARDS

In April, we were honoured to be nominated by the Wellington Pasifika Business Network for their 'Rising Star' award. We didn't come away with the win but to be in their top 2 finalists was an achievement in itself we feel! We couldn't have got there without the backing of our amazing members and of course our ever supportive families and friends.

INVICTUS GAMES 2016: ORLANDO

The Invictus Games showcased the power of sport to inspire recovery, support rehabilitation and generate a wider understanding and respect for those who serve their country.

Many competitors from across the world competed in adaptive sports. We would like to extend a massive congratulations to Nu Filo for coming away with a Bronze Medal in rowing. Your commitment to the cause was so evident in all those training sessions at the gym.
We're so proud of you.



12 WEEK CHALLENGE

April also saw the end of our 12 week challenge. We had an awesome group of people at SWET taking part in this. The goals these amazing individuals set for themselves and their reasons for partaking may have been different but their attitudes and determination to succeed were the same.

Congratulations once again to Evan Belford!

E-man's transformation was impressive.

Evan managed to drop weight, improve his BMI rating, body fat percentage, visceral fat and metabolic age all while being such a huge positive influence on our team.

Evan constantly motivated the team, turned up to every challenge day and has been such an encouraging team member to have around SWET HQ!

Well done Evan AND our whole 12 week challenge crew! You should all be so proud of yourselves! Bring on the next challenge!!



WIN TICKETS TO SEE THE ALL BLACKS BY SUPPORTING RUCK CANCER NZ:

We were inspired to support this amazing initiative founded by Evan Belford following it's successful Purple Sock Day on Saturday. From now until Saturday 21 May, for every member that comes into the gym and donates to this cause, SWET will enter you into the draw to win 2 tickets to the AB's vs Wales match at Westpac Stadium on Saturday 18 June 2016. Let's get behind this team!

Ruck NZ's key messages are:

REDUCE the risk Making healthy choices can help to reduce the risk of some cancers. i.e. not smoking, being SunSmart, maintaining a healthy weight and reducing alcohol intake.

UNDERSTAND more about your body and your family's health history Know what is normal for you and discuss any changes or concerns with your doctor

CHECK yourself at your Doctor regularly Your doctor will advise about appropriate screening for you, considering age, family history, among other risk factors

KICK cancer in the butt! Consider the changes you can make to reduce your risk. Remember, many cancers can be treated and controlled if found early

G O O D L U C K T E A M !!

Please don't hesitate to contact us if you have any questions or suggestions.
All feedback and suggestions are gratefully received and appreciated.

SWET

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