

September 2007 Rodney

Although an accomplished writer and a renowned expert in her field – public speaking is another thing altogether and I am so pleased Jacquie agreed despite her absolute fear of facing you all. She hopes you could look past the ‘shaking’ to the content of her presentation. I assured her we were all truly inspired. Some points of interest:

1. Most over weight women actually under eat.
2. Often the highest intake of calories each day are liquid

ones. Watch the wine and cappucinos.

3. Stress is a huge contributor to weight gain through over production of cortisol and insulin and inability to process it. Result - abdominal fat.

4. There is 57,000 calories in 2 kgs of fat. How much walking does it take to shift that. Better to watch what you put in your mouth.

5. Good nutrition = sustained energy levels and efficient metabolism.

Jacquie gave up personal

training when she realized 93% of weight loss is good food management. If you need her like I need her check out www.realnutation.co.nz for contact details.

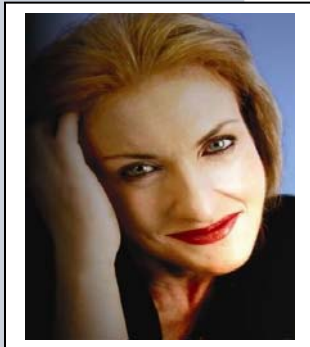
Then go to www.herbusinessrodneynz.co.nz to RSVP for 22 August!!

Thanks to Bernadette Csaszar from Magic Box and Sharee Carbery from The Butterfly Effect for August's lucky draws.

Next Event

12 September 2007

Sally Anderson



Sally Anderson was abducted and gang raped at the age of 15 by the mongrel mob in one of the worst reported gang rapes in the 80's. Her story of survival, courage and transformation was profiled by 60minutes' in Sept 2004. It is an extraordinary testimony to human survival and her commitment to the highest level of human performance. Her determination to regain her life has led to 20 years

immersion in personal development courses and work in the corporate world – more recently as Program Director for some of the world's leading Fortune 500's. Sally's own book 'Freefall' will be released later this year and she has featured in other books available on her web site. Given her passion to pass on her education to other women, Sally is providing our data base with some special offers which you can find on our web site at www.herbusinessrodneynz.co.nz. Dividing her time between Australia and New Zealand, we are delighted Sally confirmed some time to speak to us all. Don't miss her. Be there. Book now and diary in before you forget!

www.sally-anderson.com

Where: Orewa
Rotary Rooms next to the Memorial Hall in Silverdale

When: Wednesday
12 September 2007

Time: 6 pm
sharp– 9 pm finish

RSVP: Monday 10
September 2007

Cost: \$30 members
\$40 non members
(Includes: Wine, nibbles,
Buffet dinner and speaker)

NB. For catering purposes
payment must be received
prior to the meeting.

STEP 1: BOOK FIRST
www.herbusinessrodneynz.co.nz and click on the RSVP link

STEP 2: PAY
Direct credit to :
Westpac
03 0114 0425656 00
Your name and company name must be in the reference

Cheques:
Made out to 'Her Business'
Send to:
Christina Galvin
Mums the Word
28 Sundown Ave
Whangaparaoa

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