

Putting your New Year's resolution and steps to success in writing and having this fridge magnet stare back at you every time you open the fridge door can really help keep you on track. For extra accountability, support and motivation show your completed magnet to friends, family, your Personal Trainer or even post a picture of it on Facebook.

If you need a hand we're always here to help, whether you're training with us or not, one of our friendly Fitness Enhancement Personal Trainers is only a phone call away on **1800 PT for U**. We also have heaps of free fitness and weight loss tips and videos on our website produced by our award winning Trainers to help you achieve your goals.

