



ENERGIZER

'To provide excellence in fitness and health leadership, with our members being the focus of all that we do.'

SPRING 2004

Errol Berman & Co. Solicitors and the Glenrose Coffee House Proudly Present...

Member of the Month: Alex Amon

Alexandra has been a member of Energize Fitness since its inception 7 years ago. "As a foundation member of the gym, I must confess that Energize has become a bit of an addiction in my life! I really miss it when I don't get my fix!" Alexandra trains regularly about two to three times a week, and we commend her motivation and consistency.



All Members of the Month are invited to telephone E. Berman & Co. Solicitors to arrange a free one hour conference for him or herself, or any friend or family member, to discuss any legal problem they may have within our area of expertise. Plus! You receive a lunch voucher to the value of \$20 from the Glenrose Coffee House.

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Win Two nights for Two at Solar Springs!

Did you know that as a member of Energize Fitness, you are eligible to nominate friends, family members or

work colleagues to experience a free trial week at Energize?

Simply nominate two people, and you will go into the draw to win two nights for two people at Solar Springs Health Retreat at Bundanoon. This fantastic weekend includes accommodation, use of all leisure and sporting facilities and all meals (valued at \$858).

It's really easy! Simply nominate two people by filling in the form at reception by Monday September 6, and you'll go into the draw for a great weekend of relaxation and rejuvenation at Solar Springs.



Solar Springs
health retreat



From this...



... to this!

Steve's Journey

As you are no doubt aware, one of our members, Steve Castiglioni, has become a celebrity of late! After his remarkable weight loss of 90kg, he was then accepted on TV's *The Body Specialists* to have his cosmetic surgery procedures documented. His first operation earlier this year was a 'Body Lift', where excess skin was removed from his stomach, back and sides. He has undergone his second operation on his chest, and is back training again in the gym only three weeks after. Although still uncomfortable, his return to Energize will start out with some cardio on the bike until he can resume his weight training. Steve's dedication is truly amazing. "Nothing can stop me!" he says.

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