

TOUGH MINDS WILL DEFEAT TOUGH TIMES

These days there are so many more responsibilities and the cost of living has increased almost overnight. Petrol prices have reached a record high, mortgage costs have jumped due to interest rates, and the normal grocery bill is also increasing.

No matter how tough things get exercise has never been more important. We all need to provide total wellness and health for ourselves and our families, not only for the health aspect, but also for our mental health.

Mind health – Aerobic and Resistance training keeps the mind alert making it much easier to focus and stay focused.

Mental health – Body balance, Pilates, massage for stress management are all great ways to take some of the daily life stresses away and become more positive.

Financial health – Managing your money: earning, debt, saving and investments

Without a balance of the 3 types of health above your families wellness could deteriorate and you will find yourself with more problems than you could imagine.

Here at VIVA we understand that times can get tough for us all, but we also understand how staying healthy will help keep all aspects of your life balanced. Try out some classes like Body Balance and Pilates to unwind and get rid of some of the stresses, and speak to one of the PUSH_ team to find a resistance program designed just for you. Just getting involved with different types of health and wellness activities will make things seem much clearer and relieve some of the frustrating hurdles that we are always trying to clear.

Australia has just been recognized as the fattest, unhealthiest country in the world. This does not mean that we have to be part of those statistics.

Most importantly we all need to live longer, stay healthy, reduce stress and we will see just enjoyable life can really be.

Jamil



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PUSH_Training Systems