



Hi PUSH_Members!

I must apologise for my terrible mistake last week as I actually bypassed this email. Sorry, but don't think I didn't hear about it, as I was told off by many of you and may I say that was a really humbling experience. Some of you really enjoy what we write and for that I will not let you down again!

Now let's talk more about being let down. How do you feel when you let a friend or partner down? I feel terrible and I will tell you why. When you make a commitment to someone, you are demonstrating your ability to deliver and for some of us this is a major concern. We put pressure on ourselves to keep our word and deliver the desired outcome in order for the person on the other end to see us as perhaps confident, reliable, caring, trustworthy and of course a friend. If you respect these values then the last thing you want to do is not demonstrate them. This would go against your own integrity and you would feel as if you're cheapening yourself and let's face it no-one wants to feel less of a person. Don't you want to feel empowered, emanate confidence and exude self esteem? I know I feel terrific when I do, and therefore, I have a question for those of you who are sitting here reading this...

What about when you make yourself a promise and actually deliver?

Well you can experience these character strengthening emotions daily.
Who doesn't want to have more good days?

This exercise is a great daily practice and it strengthens those values we discussed before. Start with small measures and hold yourself accountable to the targets you set, after all, you will be rewarded with emotions that take you higher than any excuse or negative emotion and it is so easy.

You will notice that our club really follows this philosophy.

- 1) Our Customer Care team will help you design a plan that suits your lifestyle.
- 2) Our frontline team will contact you when been absent because we miss sharing these

valuable experiences with you

3) PUSH and Group fitness teams ask the question, "What one thing can you do this week to move closer to your current goal"? simply ask yourself this question daily, weekly or even monthly, but just do it! The key here is to plan for the variables and keep yourself on track.

Like my favorite boxer of all time said (who, mind you, displayed integrity as good as most when going to jail for what he believed in, whilst being stripped of a world title)
It's lack of faith that makes you not meet challenges.... And I believe in myself!

And I say Know what you want and make it happen..... the rest is just the journey!

Here is this week's recipe....

HEARTY BEEF & BEAN SOUP

Serves: 4

Ingredients:

250 g lean minced beef
1 medium onion, finely chopped
1 clove garlic, crushed
2 stalks celery, finely chopped
1 X 410g can tomatoes
1 tablespoon tomato paste
3 cups water
1/2 teaspoon dried oregano, (or 1 teaspoon fresh)
1/2 teaspoon paprika
1/2 teaspoon ground cumin
2 teaspoons white vinegar
1 X 440g can kidney beans, drained
1 tablespoon olive oil

Method:

1. Heat oil in non-stick frypan.
2. Fry meat, onion and garlic in olive oil, cook until well browned.
3. Add celery, tomatoes, tomato paste, water, oregano, paprika, cumin and vinegar.
4. Bring to boil, add beans, then simmer, whilst covered for 30 minutes.

Notes: Serve with wholemeal bread and a green salad.

Make it happen.

Dion Mychalyn

Club Champion

PUSH_Founder