



Hi Viva Members!

This week I'm writing to you on a topic that is crucial if you want to get 'results'.

Deadlines!

As you are now well aware Viva has just had another facelift with the group fitness and gym renovations. What a hectic week that was but well worth it, so the feedback suggests. Now do you know how many people have asked us 'how did you do all that work in a week?' It's simple I say, have a deadline!

We planned for a week turn around and that means we had to do everything in our power to make it happen.... Guys this positioning statement isn't just a crock . . .it is our credo, our guideline and an acquired skill to add to our characters. When we say **make it happen... we do!**

So a key part to any project, fitness goal, important decision or planned outcome is to have a realistic and planned deadline. A deadline gives urgency and therefore is a cataclysmic mechanism which we can use to propel us forward towards the desired outcome. You must have action!

You must think it, say it, believe it and most importantly do it!
A deadline simply makes this process come quicker and gives some

urgency as long as that is really what you want!

- 1 Work out what you really want!
- 2 Think it, say it, BELIEVE IT and most importantly DO IT!
- 3 Set a deadline and remind you of this constantly.

A couple of those nights we were here to past midnight and the week was a 102 hour week for me, and yes, that was a side affect (!) but it was a challenge and we had a job to do with a deadline.

Therefore that was priority and a week off in July is the reward.

I hope you can relate this principle to something in your life currently and I challenge you to set a goal with a deadline. By completing the required skills like determination, perseverance and a 'can do' attitude, it will lead to growing self-confidence and self-belief, something that everyone can do with a little more of.

Now that we have again succeeded in our latest renovation and challenge I am looking for a new carrot got dangle! Last year the cardio room, ladies and unisex gyms, this year the GF room and gym extension.

What will it be next? Perhaps another Viva!!!!

Here was a sensational meal that we enjoyed whilst painting on the job.

Snapper Cutlets for Sustenance!

This gave us the essential nutrients needed to get through the evening. Snapper is a great source of omega 3 and a 200gram portion yields 2.5 grams of the necessary daily intake of 6.8 grams of omega 3's.

Ingredients:

Soy
Balsamic
Olive oil
Basil
Ginger
Garlic
Salt and Pepper

Method:

Make a marinade of 50-50 soy and balsamic,
add a ½ teaspoon or less of garlic, chilli and ginger each.
Add some olive oil, salt and pepper and shread a bunch of basil into the mix.

Marindae the snapper cutlets (approx 200 grams each - fillets are fine also)
for an hour prior to cooking in a preheated oven at 180 degrees.
Cook for 10 minutes per (approximately) 500 grams. And check.
Remember fish will continue to cook so cover and rest for 5 minutes for a medium to
rare finish. The meat should be soft and moist.

I usually eat this with steamed garlic asparagus or broccolini and a side
serve of basmati rice cooked in chicken stock and covered with the
juice from the fish marinade.

Make it happen.

Dion Mychalyn

Club Champion

PUSH_Founder