

“Bee  
The  
Change  
You  
Want  
To  
See  
In  
The  
World”



## This Issue

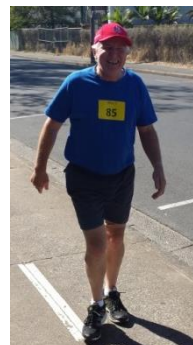
Col Pearce Corporate Tri  
Chat with Matt  
Exercise Myths  
Get to Know Lars  
B Mee Cook Book  
B Mee Multisport and Tri  
Diabetes and You  
Movement is a Medicine

## Col Pearce Corporate Triathlon



**B MEE Triathletes: Dave, Larry, Allan D, Aidan, Allan Mc, Jim, Kellie, Laura (Absent: Jaryd)**

On the 8<sup>th</sup> of September, 9 brave souls turned out to represent B Mee at the Col Pearce Corporate Triathlon. B Mee has a proud history of supporting this event and getting our clients to participate and achieve goals they didn't even know they had. This year, 4 corporate tri rookies joined some of our more experienced triathletes to swim, bike or run their way to glory. Everyone gave 100% in their chosen leg and once they were done they quickly got their breath back and stayed on to cheer their teammates and fellow competitors – which contributed to the positive crowd support on the day. Everyone that participated should be really proud of the spirit, effort and determination they showed. Hopefully everyone will be back next year to continue the involvement of B Mee and encourage a healthy, active lifestyle.



“Bee-live  
In  
The  
Positivity”

## Chats with Matt

This Month 10 Questions  
with...Natasha Schofield!



**How long have you been coming to B Mee?**

3 Years for Pilates

**What keeps you coming back?**

Injury prevention, fitness and friendly staff (Matt)

**What do you do in your spare time?**

Triathlon and looking after my new baby boy...in that order

**What is your worst habit?**

Worrying too much

**What household chore do you hate the most?**

Cleaning the floor

**If you had to evacuate your house immediately, what are the three (non-living) things you would take?**

Photo albums, clothes, wallet

**If you could choose one superpower, what would it be? Why?**

To be able to predict the future because I like to be in control

**Favourite food?**

Sushi rolls

**Favourite TV show/movie/book?**

Anchorman

**If you could invite 3 people to dinner (living/dead or fictional) who would they be?**

David Attenborough, Julia Zemiro, Russell Brand

## October is now known as Ocober

Challenge yourself to give up alcohol throughout October to help Aussie kids!

You'll feel better, get fit, lose weight...& save money!

But best of all, your participation will help Aussie kids create better futures for themselves

*Could you lose the Booze for 31 days?*

## Exercise Myths Busted!

**Myth: You can choose where you lose weight**

**Fact:** When it comes to weight loss, spot reduction is just not possible. Exercise uses energy from fat and carbohydrates stores all around your body, not just from around the muscles doing the work. So, if you want to lose weight from your stomach you need to lose weight from all over.



## **A Laugh a Day Keeps the Doctor Away!**

My friend Kimberly announced that she had started a diet to lose some pounds she had put on recently.

"Good!" I exclaimed. "I'm ready to start a diet too. We can be dieting buddies and help each other out. When I feel the urge to drive out and get a burger and fries, I'll call you first."

"Great!" she replied. "I'll ride with you."



## Get to Know...

Lars!

### Where were you born?

Geelong, Victoria

### What do you do outside of work?

Exercise and play with my kids

### What is your favourite food?

Tiramisu

### What is your favourite song?

Anything by David Gray

### What is the last movie that made you cry?

Real men don't cry

### What is your favourite holiday destination?

Somewhere adventurous like the Himalayas

### If you could choose to stay an age forever what would it be? Why?

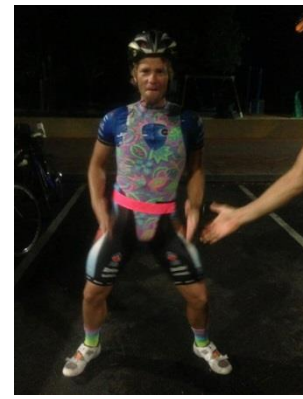
100 because I'm not there yet

### What is your life ambition?

To never stop learning or become complacent

### What is your favourite quote/phrase/motto?

Be the change you want to see in the world – Gandhi



“Bee  
Happy

Bee  
Healthy

Bee  
Active”

### B Mee Multisport and Triathlon

Don't feel as though you're getting enough out of your workout?

Come along and try one of Coach Lars training sessions. All abilities are welcome and your first session is for FREE!

**Monday:** Run Session  
5:30pm – 6:30pm  
Seafront Oval

**Wednesday:** Swim Session  
8:00am – 9:00am  
Aquatic Centre

**Thursday:** Bike/Spin Session  
5:15am – 6:30am  
B Mee Hive

*See you there!*

### Christmas is only a hop skip and a jump away!

This year we have decided to bring upon a healthy change to a typical indulgent time of the year with our very own B Mee Christmas Cook Book. We would like all of our members to contribute 1 healthy recipe (must be cooked and have a taste test completed) to go towards a combined book of everyone's recipes. Both sweet and savory recipes are welcome. All we ask are for all recipes to be as healthy or as “raw” as possible. There will be a prize for the best recipe so get your cooking aprons ready to go!



**“Movement is a medicine for creating change in a person's physical, emotional, and mental states.”**

**~Carol Welch**

Good mental health and sense of wellbeing is fundamental to live life to its fullest. Stress, anxiety, depression or mental illness is difficult for those who experience it as well as their friends and family.

One of the main benefits of exercise is it helps take your stress and exhaustion away. It is a fact that during exercise your body releases endorphin's that gives you energy and releases the stress. The fatigue that comes after exercising isn't the same as the normal exhaust. It is your body, muscles, energy systems expending healthy energy and as it gets used to the increased activity level everything becomes.



*“Bee  
Happy*

*Bee  
Strong*

*Bee  
Joyful*

*Bee  
Wise”*

### **Type 2 Diabetes...Do you have it or know of someone that does??**

Did you know that you are eligible to apply for a Type 2 Diabetes program that consists of 1 initial assessment and 8 group sessions? This program is run through Medicare so all you need to do to get started is ask your doctor for a referral form and bring it in to us at B Mee. The form is called “Referral form for Group AHS under Medicare for patients with type 2 Diabetes”. We are able to give you a copy of the referral form to take to your doctor to fill out.

The aim of the program is to get you motivated to start participating in exercise. You will learn what exercises you can do, how different exercises affect your BSL and most of all we aim to make exercise enjoyable for you. What you will get out of the program:

1x Initial assessment – We will discuss your medical history, assess you and get some baseline measures

8x Group Session – The group sessions will range from cardiovascular, resistance and circuit style programs.

Classes are on Tuesdays at 9am starting on the 17<sup>th</sup> of September.

Any questions about the program – don't be afraid to ask ☺

Unfortunately for those who are currently in the CDM program you will not be eligible for this program.

