

Welcome Back [P.1](#)Covid-19 [P.1-2](#)Term 3 Timetable [P.1](#)4 Week Online Tribe [P.2](#)8 Week Family Challenge [P.3](#)Evolution of Metamorphosis [P.3-4](#)New Membership Updates [P.4](#)Term Timetable from
Monday 13th July 2020

Sunday

8.30am
Cardio
The Beach
/Sandringham Primary

Monday

6.15am
ZOOM Core, Glutes &
More9.15am
All Body @ Gypsy Park

Wednesday

6.15am
ZOOM HIIT9.15am
Cardio/HIIT @ the
Beach

Thursday

9.15am
Mobility, Activations &
Core @ Gypsy ParkFriday
6.00am
All Body @ The Aths
TrackSpecialised Men's
Fitness TrainingTuesday
6.00am
The Aths Track/Sandy
Primary SchoolThursday
6.00am
The Aths Track/The
Beach

Updates for class locations will be posted for the coming week in the WhatsApp Group every Saturday morning.

Please also note that in the event of poor weather – rain, wind or extreme temperatures, classes will be conducted via the Zoom platform.



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Welcome BACK! What a weird thing to say in June!

Welcome to Issue #2 of the Metamorphosis Newsletter!

Ha! I laugh, Issue #2 was originally planned for March! I suppose I could say I am only a few months late, and after being bombarded with too many Instagram and Facebook posts of virtual trainers looking perfect as they exercise for you all in tiny outfits, all promising you the world with their specially made highlights reels, I've decided that it was a good thing to not fill your inboxes or socials up any more than they already have been!

As it has been a while between updates, there are a few things to cover off so grab yourself a cuppa and read on!

Covid-19 – What a life changing period of our lives

It wouldn't be an update at this time of our lives without a section or two dedicated to this damn Covid-19 virus.

Sadly some have lost loved ones overseas, some have lost jobs, some have had their roles reduced, most of us had to become school teachers (eek!), and many had to juggle 8 hour work days plus the home schooling of our kids!

The struggle, stress and heartbreak for many has been very real throughout this period and for some, still remains in place as they seek to find re-employment, recover losses or just get themselves back into a work/life schedule now the kids are back at school. If you do know of any that are going through hardship at present, I implore you, if you have the capacity to do so, please reach out to them to offer your support.

For others, after a small period of adjustment, the new at home environment had a hugely positive effect. They found they had time to exercise, time to cook, sleep in, do their work in their PJ's, weren't out wasting time driving to and from work, could take a walk in the sun almost whenever they wanted, could spend time with families and pets, could be creative within their own four walls and did not have to rush madly to and from afterschool activities.

Some days everyone coped, some days we didn't, some days we laughed and some days we cried, all very normal emotions throughout this time. The important part to all of this, our tribe has made it through to the other side of restrictions and hopefully, with each other's support, will continue as best we can to thrive as a community!

For me, the journey has been a rollercoaster, initially adapting and evolving as efficiently as possible to ensure you were all safe, had an exercise plan whilst we couldn't be face to face and to try and remain a calm and cautious sounding board for some as they grappled with being in lockdown.

At first I had no idea if anything would work in the MyPtHub App, had to actually learn how to work Zoom so I could take classes on it, and then HEAVEN FORBID, recording myself and sharing the class! I was so out of my comfort zone it wasn't funny! And then do you know what? **Something happened** in the chaos that was going through my brain as it tried to adapt and evolve to the new skill set required! **Something huge! REALLY HUGE!**

Continued over...

Covid 19!

What a Life Changing Period of our lives.

...Continued from page 1

YOU!

YES, I'll repeat that, YOU all happened! You didn't falter, you said you will do whatever it takes to keep moving and be active and because you were there to support me, you ALL gave me a clearer set of tracks to follow. The rollercoaster was no longer feeling like a mad mouse at the Melbourne Show, the twists and turns those Carnies put in became smooth turns, a few bumps in between, but the journey became so much clearer. You were all the light at the end of the huge rollercoaster tunnel! Your support never wavered and with this, filled with gratitude (and a hell of a lot of newly acquired tech knowledge), it ensured that together **we all ADAPTED and EVOLVED** as best we could.

This was not just like any old adapt and evolve, we have implemented changes to our lives that only 6 months ago would have been out of the question, possibly even unheard of for us, and we did it all in the space of 2 to 3 weeks. No wonder many people were exhausted before we even started!

The important thing for you all right now, after you have had a few moments to just enjoy a moment of down

time, is to ask yourself some important questions: about what you learned about yourself during the Covid-19 Lockdown? Be honest, no one else is checking your work. What was The Good? The Bad? The Ugly?

Remember to Be honest!

Really have a dig around in your head to get the true answers to these questions.

The Good: What was it that made your heart sing? I mean truly sing happily during this period of time. What is it that you now need to do to ensure these things stay as part of your everyday life? What do you need to give up to make this happen? Note, it doesn't have to be exercise related, it might just be to ensure you have down time with the kids or family time or continue with that new hobby!

The Bad: What were things you really didn't like about yourself in lockdown? What things made you cross at yourself? Once you have ascertained these, move to the next stage of this line of questioning: How do you work on removing these from your day to day life? Have you got a plan? If you haven't you will need one, a good plan that doesn't set you up to fail.

The Ugly: The stuff you did that you knew wasn't good for you, the stuff that really hindered your health and happiness? What story did you tell yourself, was it the same one you always self-sabotage with? What ugly new habits have you created? What do you need to do to break these ugly new habits? Remember it took 10 weeks to create them, it may take longer to undo them!

So where to now? Covid-19 isn't quite over yet, the virus is still out there winding its way through smaller clusters of people.

The good news is, if we do happen to have a second wave or suburb lockdowns and you have taken the time to work through the Good, the Bad and the Ugly you are not only ready for it, you'll smash it out of the park the second time around!

If you were wondering if I am leading by example, yes, I too have started my own evaluation of Pre, Present and post Covid times. For me, after what felt like adapting and evolving 10 times over, my mindset has changed for the better and with the lifting of some of the restrictions as well as this new fountain of knowledge utilising online training, I can say that yet again 'Metamorphosis' is going to evolve with the times! More details of these changes will be later in this newsletter. I know I am excited about what these changes will mean for you all and hopefully you will too.

Covid-19 won't beat us, it will create a bigger resolve to come out of this stronger than ever.



4 Week Online Tribe

For all those who put their trust in me and supported me during this time **THANK YOU!** You not only gave me the drive to ensure that what I offered you was as true to myself as it could possibly be with the tools I had at my disposal, you inspired me **EVERY.SINGLE.DAY** to strive to be more than I already am. I was overwhelmed with your support and do hope that my support in trying to keep you motivated and healthy has been welcomed as much as yours to me.

It was also from your enthusiasm and willingness to get into online training and remain a part of our community that kept the wheels in my head turning over - Where to next, what would the next phase of this lockdown be, how long would it last, how can I keep my tribe fit, focussed and healthy? In a nutshell, my goal for you all was still the same, health and happiness whilst staying connected, the difference was that we were all still stuck in lockdown!

Then I went through all the wonderful snaps in our Facebook page, and what I saw were so many wonderful snaps of families working out together, it was right there in front of me all this time, a no brainer... and so The 8 Week Family Fitness Challenge was born!

Yes 4 week online challenge peeps, YOU not only got fit you also all helped pave the way for the Metamorphosis Tribe and family members being where they are today. What a community! Thank you!



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8 Week Family Challenge

So, we smashed out the 4 weeks and we were still here in lockdown, there was no end in sight, no end date to this dreaded virus. Humans love end dates, we need to know when projects are going to finish. So between watching the families in the 4 week online program shine and a need for something with an end date as well my striving for happy, healthy and active Metamorphosis families.....the 8 Week Family challenge was born!

We managed to smash out up to 6 sessions a week, including a stretch! We had the AMAZING health and wellbeing coach, Sonia Smith from The Wholefood Smith providing us with some awesome facts as well as tips on how to clean up not just our fitness side, but also our nutrition and wellbeing sides of things. Note - if you are still struggling in these areas I highly recommend you get in contact with Sonia on 0411840580.

Hopefully all had fun with the weekly challenges including treasure hunts, balloon challenges, no alcohol, no sugar, more water, more sleep, no tech, tiktok dances and some wonderful family memory building moments, all from the comfort of our homes.

Very soon one family will be crowned the ultimate Metamorphosis Fittest Family! It really is anyone's game..... and I cannot wait to see which family it will be!

I couldn't be prouder of you all. As a coach and friend, you have all made my heart sing.



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Metamorphosis Fitness Adapts and Evolves

There has been much talk about going back to normal. For me the question isn't about when we will go back to normal, it is what is the new normal for us?

Clearly things happened that were not planned and things didn't happen that were planned! We all had to adapt and change multiple times and will more than likely have to adapt and change again as we come out of this space.

In the period of lockdown, adaptation and evolution for me was HUGE! On top of my "normal" being flipped totally upside down, I was lucky enough to be able to set aside some time to further develop my 23+ years of knowledge in the industry with some fantastic online and Live Fitness courses! I also attended a Virtual Women's Health Summit that focused on many areas of womens health, most importantly hormonal changes as we age and how to get the most out of training women as they go through these stages in life. So much to share but also so much more to learn in this area. I cannot wait for some of these fitness leaders and health professionals to hold their more in depth face to face courses! I am already on the waitlist for a couple!

Unfortunately during lockdown, what also resurfaced for me was that I was feeling burnt out. I wasn't burning out from over training, I was burning out from trying to be too many things for too many people – most by my own choice, some from Covid, and all of it no one's fault but my own.

So, just as I have asked you all to do earlier in this newsletter, I have reviewed what I deemed to be the good, the bad and the ugly and from this review I've made some non negotiable decisions for Metamorphosis Fitness Coaching. There will be things that stay, things that go and things that just need to change, even if it isn't quite the right fit for everyone. The biggest focus for me is ensuring your health and fitness journey continues on a progressive trajectory and does not end up looking like the stock market during the middle of the Pandemic, it is also to ensure I am not wasting your time or mine. With the small, but decisive changes that will be made, it will also mean that I can continue to care about all of your health and wellbeing whilst having the time to focus on not only what you want, but also what you need without jeopardising my own health.

So *WHAT IS STAYING, CHANGING or GOING & WHEN?*

Zooms

Yes, some of the Zooms are here to stay!

Starting from Term 3 there will be two 6.15am classes per week via Zoom, the days and dates are to be confirmed over the coming weeks. The beauty of the Zoom workout is, if you cannot make the class time you can still complete the workout via the recording, at a time or day that suits you and or up to 7 days after the class! We will also be Zooming in bad weather or unsafe conditions, so no more having to cancel class if it is raining, windy or way too hot, we can Zoom from the comfort of our living rooms. Win/Win! In the event Covid-19 has us back in some form of lockdown, Zoom classes or recordings will be made available in place of face to face classes.

Face to Face

Face to face training is back! We have some face to face classes already running and it is wonderful to see everyone again! From the beginning of Term 3, Face to Face classes will be in all the regular outdoor spots that we had prior to going into lockdown, Gypsy Park, Sandringham Beach, The Aths Track and Sandringham Primary School, Bamfield Street. The only exception will be the two morning Zooms, they will be in your homes!

Rachael is back!

Rachael is back and she is as awesome as ever! Currently Zooming HIIT on a Friday morning at 6.15am. Rach will also be taking on another morning soon, as well possibly taking the Sunday session on a fortnightly basis.

No more nagging & the Introduction of Term Memberships

One of my uglies is that I always feel like I am nagging you all to book into class. If you haven't noticed, it is something that does drive me nuts! "Have you booked your spot? Please book in, book in, sorry, I know it is 9pm, but don't forget to book in!" It's just not how I want to roll nor do I want my nagging to be the reason why you turn up to class and or leave training with our tribe. I do get you have other things on your mind, like work, kids, house, school activities, after school activities, so thinking about booking something in for yourself probably isn't at the top of your list. Me sending constant messages doesn't add a positivity to your day either as it just adds to your list.

So this line of thinking led to the biggest question I had to ask myself, how do I change this learned behaviour I had helped create? In the end, I knew what the answer was, I needed to change my own way of thinking, my actions and the way I do business!

So from 13.7.2020 this is exactly what is happening!

The first change, we are moving to Term memberships!

As I mentioned in the 8 week challenge section, Covid-19 really highlighted the need we humans have for project timelines. As much as locking in a set period of time goes against my thoughts of exercise is an everyday thing, it appears that setting exercise in blocks of time works pretty well for most of you. With this in mind, I came to the conclusion that the implementation of a term by term membership with locked in classes was the way to go, 4 x 10 weeks or 40 weeks of solid focus per year sounds better than hits and misses over the 52 weeks of the year!

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Metamorphosis Fitness Adapts and Evolves

Continued from page 3....

Don't fear, these memberships aren't a huge amount of change. After nutting out what a best fit for all might look like, the term membership is actually not too dissimilar to a hybrid between the session cards and an eight week challenge. Which is exciting as it merges two into one and achieves a number of my ultimate goal for you, to have more accountability, commitment and a no nag factor! #TermMemberships #Winforeveryone! #Excited! #Accountability #NOMoreNagging!

The second change is, the 10 and 20 session passes are now gone! I found that even with the expiry date implemented late last year, these session cards were creating such a casual attitude for so many that they were aiding and abetting the casual bookings (and my nagging) and making it super easy for you to make excuses why you couldn't attend class. Absolutely, my bad, I let you all feel like the bulk session cards were super flexible as I didn't and still don't want to make exercise a stress (I get it, juggling things isn't easy). Unfortunately that feeling of flexibility promoted the wrong level of commitment needed to sustain good exercise habits. It became a no brainer, they had to go!

Now, I know a small hand full of you are asking yourselves but what about the school holiday's and the rest of the year? I don't want to stop training just because it is school holidays, I want to train 52 weeks a year, how can I do that now? What an awesome goal and achievement that is and how very proud I am of you for wanting to commit yourself fully to you! I do have a solution for that too and it is one that will test your commitment and at the same time, give you the greatest rewards. I will be creating two week at home programs for mid year school holidays as well a four week at home program reboot on the fundamentals in January. These will be accessed via the MyPThub App and Zoom recordings from wherever you are in the world and will give you the flexibility that is required during these times but also that extra challenge to really commit to yourself and hold yourself accountatable to continue your good work.

So onto the awesome Term Membership options.

Memberships

New Memberships! I AM excited!

Term by Term

Term membership will be starting on the first day of each Victorian School term and finish on the last day of each term, eg Term 3 = 10 weeks 13th July 2020-18th September 2020. There are three Term Membership options, either one session per week (\$120 in full), 2 sessions per week (\$220 in full) or a 4 sessions per week (\$330 in full). There will also be a weekly direct debit option for those who prefer to pay weekly rather than in full, these will be available via the MyPThub packages section from 1.7.2020. Please note it will be a slightly higher price to take up administration costs of the direct debit, but still very reasonable for the 10 weeks (Once a week dd \$14 per week, Twice a week \$25 per week, up to 4 times a week \$35 per week). Please note cancellation policies apply to these memberships, please refer full terms and conditions on metafcpt.com.au.

Once you purchase your membership, you must nominate and book in ALL of your set days that you plan to attend for the full 10 weeks. This new process is to aid you to create a new habit and to truly commit to your health and fitness journey, I recommend that you pick the same sessions each week. Eg: if you have a 2 sessions per week membership and can attend 9.15am Monday and 6.15am Friday Zoom, those are the days you book your spots into for the 10 weeks.

I know and understand that each and every week can be different with work, meetings, partners and kids and sometimes things, do just happen. Which is why there is a 24 hour cancelation window prior to your booked class allowing you to cancel and rebook at another suitable time during that week. This includes access to the zoom classes which are recorded and will stay available for 7 days, giving everyone plenty of back up for missed classes. Please note, if you do not rebook within the week, those credits will expire.

5 Session Pass

For those of you who are new during the term there will be a 5 session pass available (\$65). The 5 session pass has an expiry of 30 days, so great for a kick start to joining our tribe. Please note this 5 session pass is only available to new Metamorphosis members or by special arrangement with myself. ALL classes are to be booked at the time of purchase within one calendar month (30 days) of purchase date. Any unused credits will expire at the conclusion of the month.

As the 5 session pass does not recognise the end of term, any credits due to be used during the school holidays will not expire and will carry over into the month immediately following the holidays for use within the first two weeks of the new term. The carried over credits, if still unused will expire at the conclusion of the two weeks.

Timeframes! When does this all start, when can I get my new 10 week Membership?

New membership options will be available online via the MyPThub App from 1.7.2020. However the membership itself will not start until Monday 13.7.2020, in line with the first day of term. Anyone purchasing the term membership via Direct Debit, I recommend you complete the purchase via MyPThub App as close to the start of term as possible so that the weekly direct debit falls in line with the 10 week membership.

Existing Credits

If you are lucky enough to have some existing credits in your account, as soon as face to face classes are back in full (13.7.20), it is expected that, all being well, you utilise these credits as per the original terms and conditions at the time of purchase. 10 session passes – 7 week expiry and 20 session pass 14 week expiry.

If you are unsure or have further questions please feel free to contact me on 0417 324 710, or check out the full terms and conditions on metafcpt.com.au, as with anything, change can be confronting at first but once implemented it can have many great rewards.

Time to Get Term 3 started already!!!



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