

WILD WOMEN WEEKLY

Mon 7 Dec 09

END OF TERM BAKE OFF AND UNHCR CHARITY WEEK 9!

WILD WISHES BRAIN POWER

Exciting new research shows that aerobic exercise can do much more than give us a better functioning cardiovascular system and good muscle tone; it can actually improve our brain power.

How does it do this? Basically, exercise causes the release of neurochemicals and growth factors that lead to production of new nerves and increased blood flow to the brain. The mental benefits are now being recognised for people of all ages: for improving brain performance in children as well as assisting older people to avoid memory loss and improve cognitive functioning.

The exercise habit, which Wild Women On Top helps you develop, starts in the mind. But now research is revealing another interesting fact. Not only can Adventure Fitness coaching help us create new habits and behaviours that will benefit our physical health, but it will also improve our mental health.

Research comparing the effects of antidepressants and goal oriented exercise such as Trek Training, has shown that whereas the medication will assist emotional connection, arousal and rewards, the exercise will do this, PLUS develop new pathways in the brain.

The left pre-frontal cortex is involved when we take part in planning, goal-setting, self-awareness, insight, and decision-making. These are all elements of Wild Women On Top programs, particularly when you train and achieve remarkable goals, such as a Wild Weekend, or a challenging trek.

When we engage in this kind of mental activity, even though our aim is to promote physical health, we are actually training our brains to think in new ways which works as an anti depressant.

Wild Women On Top Adventure fitness programs can then be classified as a workout for the brain, so make sure your New Year's resolution includes looking after your mental health to train for and achieve remarkable goals, to have something to look forward to and to stay happy so you can nurture all the wonderful people in your life.

And if you're not in a Coastrek team, ALL our teams are looking for reserves, so put your hand up and get training over summer! You'll love it!

Di Westaway, Director, WWOT

END OF TERM BAKE OFF & UNHCR CHARITY DAY!

Next week is the last Trek Training session for 2009! So, if you have make ups to do ... get going! Also, please feel free to bring a friend and bring a gourmet treat to share for your last session, (book with your coach plz!). Wild Women On Top are collecting funds for the UNHCR to assist the 300,000 homeless women and children refugees in Dadaab, Kenya! Please bring a couple of gold coins to support this humanitarian crisis.



Coastrek Training has started! Get going!
Photos by Merel Dalebout

SAVE \$ ON TERM 1 2010!

If you pay before 1st Jan 2010, you can get Term 1 Trek Training at 2009 prices! Save \$\$\$ and pay online now! Go to www.WildWomenOnTop.com

\$50 REFERRAL FEE 2010!

If you bring a friend who joins our Trek Training program in 2010, we will give you **\$50 OFF** your fees the following

WILD TIPS

TREK TRAINING TIP:

Make sure you have your best undies or bikini on for summer Trek Training. You never know when your coach will give you a quick dip or some water walking!

GEAR TIP:

WWOT recommend runners or Trail Runners for Coastrek. Boots are too heavy and don't give you enough shock absorption for walking on concrete paths. However, you might have your boots ready for the night section just in case. Boots will give you better ankle support.

Learn more in **Members Secrets**

<http://www.wildwomenontop.com/members>

COASTREK TRAINING TIP:

A loose cheap Indian long sleeve white cotton shirt is great for walking in full sun on the beach. You can wet it and it will keep you cool and sun protected. Keep reading your Coastrek Information **ebook** http://www.wildwomenontop.com/static/_/1/ec806a27b678c2c65ea9f8f6ee867549.pdf

TESTIMONIALS

"I had a great training session with your Monday night group while you were away, what a great bunch of girls! They gave me some great tips on gear. I was just reading Outdoor and saw your great article on thinking tough ... I am so grateful to Wild Women, I have learnt so much from you all! I really don't think I would be taking on my Mountaineering Course if it wasn't for all I have learnt with Wild Women. I have learnt to train hard, to love hills and stairs sessions and what you gain from them! They used to do my head in before I joined Wild Women!

Vic has been amazing, I remember on the Castle turning around and saying thank god we did those big stair sessions!! So thanks for a great 2 terms, - it's been great! I am really looking forward to next year!" Mary Bowie

"I am really enjoying wild women training so much, it really is fantastic for me both physically and mentally! I can't wait for Tuesdays and Saturdays, it really suits me at the moment. You have done a great job by building your company, you have a fantastic team of coaches and Lisa is great. The best thing though, is how you have given people, all sorts of opportunities!" Cheers Jane

TRAINING & WILD EVENTS

IMPORTANT DIARY DATES:

19 Dec: Wild Bootie Camp Xmas Workout.

Balmoral Oval 6am with Lisa & Di

6th Jan: Wild Bootie Camps Wednesdays 6am, Balmoral Oval

7th Jan: Coastrek Training every Thur 7.30 – 11.30pm throughout Jan. Book online!

Mon 1st Feb: Trek Training Term 1 2010.

Don't miss out. Book now and save!

2nd Sun and 4th Sat of each month, 7 – 11am. Everest Base Camp training. Team members only

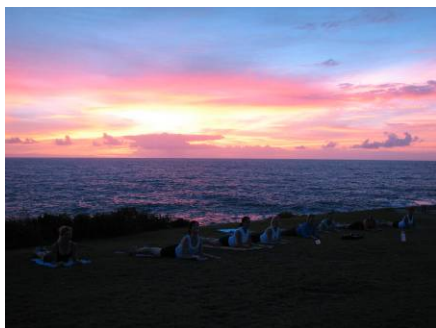
14 Feb: Everest BC Assessment Mt Solitary

5/6 March Coastrek: NOW FULL!

****NEW** COASTREK TRAINING JANUARY!**

All welcome! Every Thursday from 7th Jan, 7.30 - 11.30pm, 20kms on the Coastrek Route. See website for details & book!

<http://www.wildwomenontop.com/wild-walks-adventures/coastrek/Ctraining>



CHARITY

WILD WOMEN ON TOP SYDNEY COASTREK

If you didn't get into a Coastrek team and you want to be a reserve, keep training because we will help you find a spot as a reserve. In the past ALL RESERVES have ended up walking! Coastrek News online soon!



SUMMER HOLIDAY TRAINING

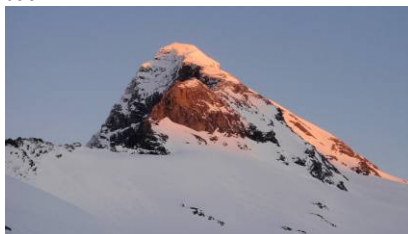
Keep fit and feel fabulous this summer with **Wild Bootie Camps**, Wednesdays 6am, Balmoral Oval, starts Wed 6th Jan. * Or join our Trek Training on Thursday nights in January 7.30 – 11.30 to tuffen you up for Coastrek.

* Or book a Wild Women On Top coach as your personal trainer to keep you fit over summer. Check out

www.WildWomenOnTop.com !

MT ASPIRING NP EXPEDITION NZ: NOV '10

Join Jules for a remarkable Wild Walk in the Mt Aspiring National Park, trekking the Gillespie Pass in remote wilderness. This stunning adventure will have all the classic Wild Women On Top features such as gourmet food, exclusive camp sites, magic moments, pristine locations and an opportunity for shopping and adventuring after the trek in Queenstown. 5 day trek with 10- 12 kg packs. Itinerary available soon.



COACH'S CORNER

Congratulations Vic for completing her Wilderness 1st Aid Course! Vic is a great asset to our team and is now fully qualified to take you into remote locations and manage all your 1st Aid requirements.



SHOTS FROM THE ARCHIVES



Mum Teen night walk with supper 09

WILD ADVENTURES

**** NEW ****

WILD ADVENTURES 2010

CHECK OUT OUR WEBSITE AND STAY TUNED FOR MORE INFO ABOUT THE FOLLOWING TRIPS TO GET YOU FIT AND ADVENTURING NEXT YEAR!

* **MARCH: WILD WOMEN ON TOP SYDNEY COASTREK**

* **APRIL: EVEREST BASE CAMP, KANGSHUNG FACE TIBET WITH DI AND VIC: **BOOKED OUT!** WAITING LIST AVAILABLE**

* **JUNE: KAKADU AND JATBULA TREK WITH ROZ, **ONLY 4 SPOTS LEFT****

SEPTEMBER: KOKODA 100km TREK WITH LISA. GREAT ENDURANCE CHALLENGE WITH MILITARY HISTORY. ITINERARY SOON.

NOVEMBER: NEW ZEALAND TREK MT ASPIRING NP EXPEDITION WITH JULES. ITINERARY SOON

* **AUGUST 2011: HINCHINBROOK IS WITH VIC, **ONLY 5 SPOTS AVAILABLE.** ITINERARY SOON**

WILD INSPIRATION

MOST INSPIRING:

Lorraine Tawse for commitment to training and make ups!

WILD PARTNERS

PREFERRED PRODUCTS & SERVICES

If you'd like to have your business, product or service promoted to Wild Women on Top, email admin@wildwomenontop.com with contact details and we'll give you a link on our website.



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This week's Editor: Lisa Marshall
Contributors: WWOT Coaches.