#### **WELCOME FROM DENNIS HOSKING**



If you're scratching your head and wondering what the heck is going on right now, please rest assured – you're not alone! On the back of the bushfires (remember way back then?), this out-of-nowhere pandemic has pretty much decimated all our plans for 2020. BUT with every challenge comes opportunity and choice. In life, we have the power to choose how to approach what's happening to us and around us. With every adversity comes the chance to do something different; to create brilliance. Epictetus once said "it's not what happens to you, but how you react to it that matters" and he was right. Because with the right perspective and attitude, you might actually be able to use this point in time for the rare opportunity it is – to take a breath and reassess how your business can be better by being different to how it was before – possibly even in brand new ways. Of course this is a bloody tough time; but there may be a silver lining or two to be found in there... somewhere. Just keep looking!

#### **DENNIS HOSKING**

Founder & Managing Director FITREC & HealthyPeople

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### **CONTENTS**

- The Equation for Change
- What's Next After the Trauma Ends?
- The Tribe Vibe
- **10** 5 Tips to Reduce Member Anxiety
- 12 Frequently Asked Legal Questions
- 15 Why Choose FITREC for Fitness Registration?
- **16** Featured FitPros
- 18 The Body According to SOMA
- 22 Neural Mobilisation for Exercise Instructors
- **25** Research Bites
- 26 Feedback & Subscribe Form

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