



EAGLE
GRAPHIC
DESIGN

design portfolio
web/print/identity

**Good design is obvious.
Great design is transparent.**

— Joe Sparano



Contact:

info@eaglegraphicdesign.com.au

www.eaglegraphicdesign.com.au

what we do

website creation and design

Eagle Graphic Design provides website design and building services specialising in small to medium enterprises (SME) and individuals. We can provide your business with a great looking and functional website to help improve your online presence. We can work with your current business logo and designs or help create a look that is entirely new.

custom web development

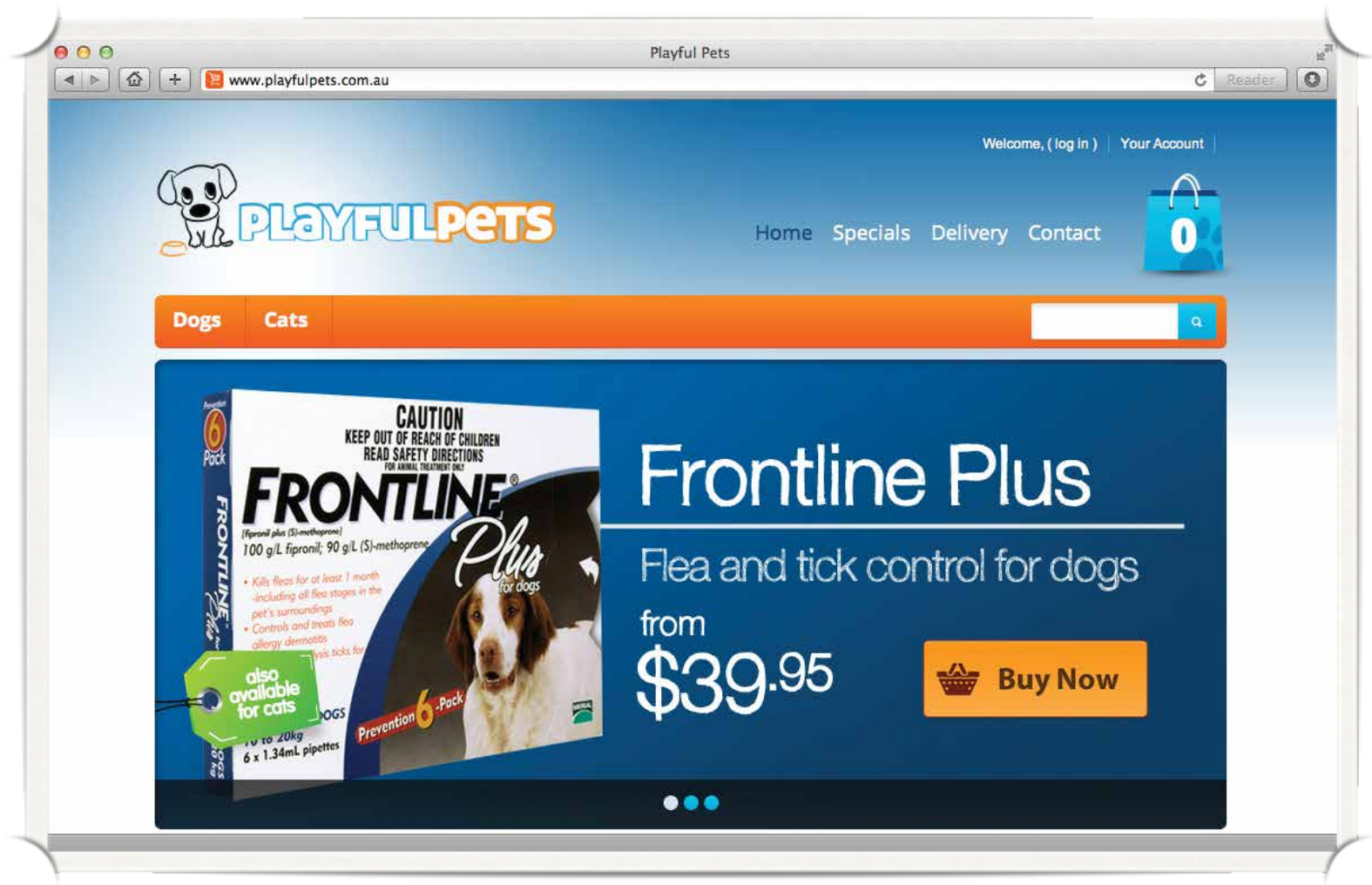
If you are looking for something a bit more advanced, you might want to ask about our custom web development services. We can provide you with a website built with a content management system that allows you or your staff to quickly and easily manage the content (pictures and text). With our advanced website packages, a webpage content editor is configured for your needs alongside training to allow you to make future updates. For example you could update a latest news webpage with details about what has been happening this week.

If you need something a bit more specific talk to us about having a custom written web-application produced for your website.

print and other media

We don't just do online work! We can also provide businesses with print services that include designing and producing marketing/promotional material to complement their new website.

web

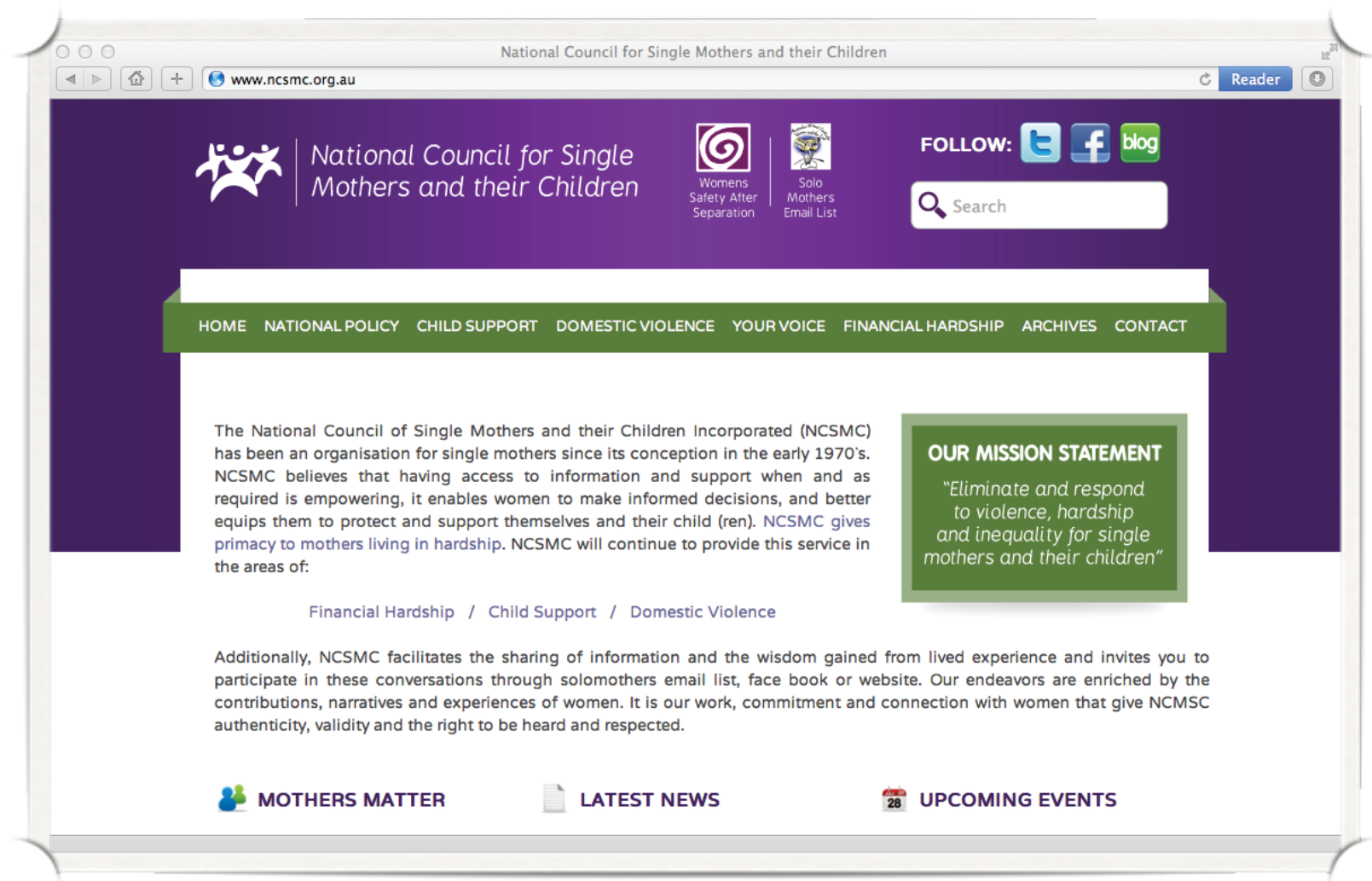


key features:

html | CSS layout

e - commerce website

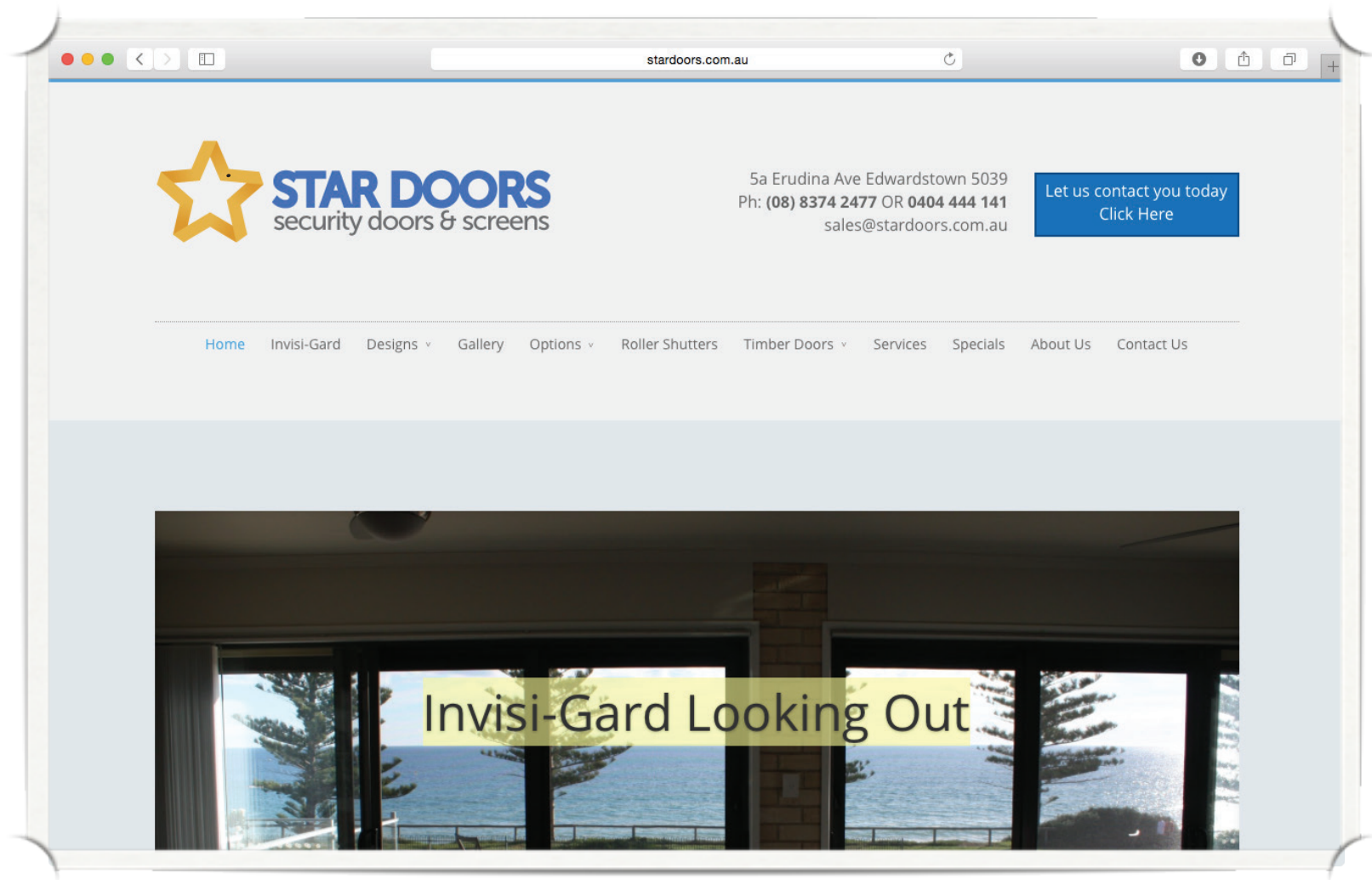
Playful Pets
www.playfulpets.com.au



key features:

html | CSS layout
CMS based website

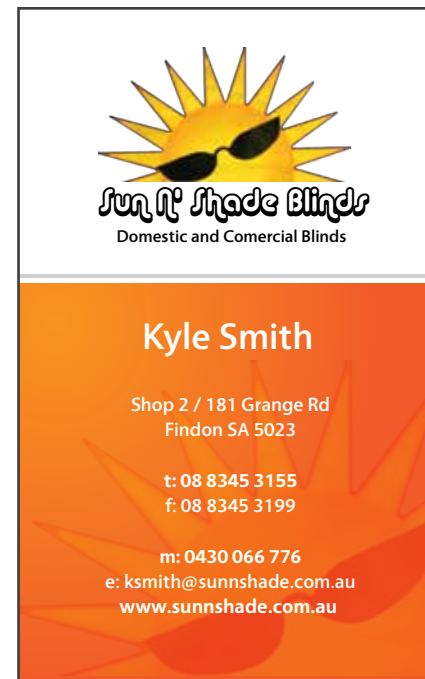
NCSMC
www.ncsmc.org.au



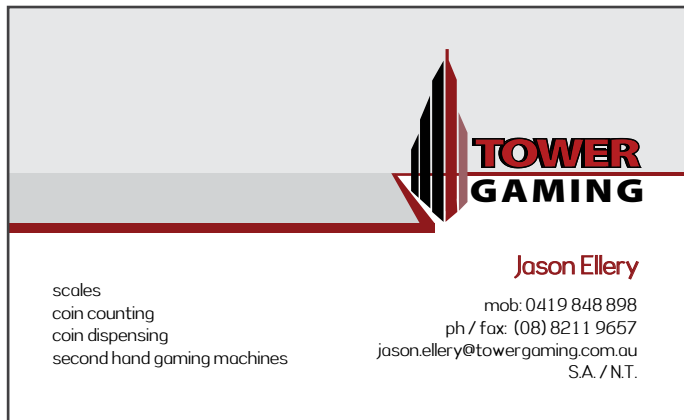
key features:
wordpress CMS
responsive design

Star Doors
www.stardoors.com.au

print



Business Cards



Business Cards


YOUR PERSONAL TRAINING STUDIO



Included in Personal Training Sessions

- Heart Rate Monitor & Towel
- Individual Program
- Strength, Cardio, Functional Fitness
- Free Weights, Plyometrics, Boxing
- Nutrition
- Max 4-6 people per Trainer
- **NO Joining Fees**
- **NO Membership Contracts**

Personal Training Fees

(effective 1st July 2010)

One Session (1hr)	\$20
First 10 Sessions	\$99
10 Sessions	\$160
30 Sessions	\$420
1 Month Unlimited Sessions	\$150



9A Crittenden Rd
Findon SA 5023
t: (08) 8244 2995
www.fitnessexpresslane.com.au



Remedial massage is the application of different techniques in the treatment of muscular pain and dysfunction that affect human movement. It is concerned with the restoration and maintenance of the soft tissue structures of the body.

benefits of massage

- Improves circulation
- Provides relief from pain
- Aids in recovery from injury
- Provides relaxation
- Improves the immune function
- Relieves muscle tension
- Improves joint movement

remedial massage

1/2 hr treatment: \$35

1 hr treatment: \$60

hot stone therapy

1 hr treatment: \$90

1.5 hr treatment: \$120

health provider numbers available
work cover accredited
gift vouchers available

Of Course if there is any doubt always check with your GP or referring Health Practitioner.



accredited massage therapist - 18360
health provider numbers available



remedial massage
therapeutic massage
trigger point therapy
deep tissue massage
sports massage
myofascial release
hot stone therapy

call now to arrange an appointment

Heather Chirakis
Remedial Massage Therapist
Call: 0407 198 730



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*Valid for first time visitors. Valid for 14 consecutive days. Not Valid with other offers. Only one voucher per person.

Promotional Mailouts

ISSUE #1

FITNESS

EXPRESS LANE
magazine



WHAT'S COOKING
Healthy recipes from Chef Ezio

IN SEASON
The best fruit & veg in season now

MEET JO
Our featured client this Issue

BURN IT OFF
Tackling life's little indulgences

CHRISTMAS 09
Photo gallery from the Findon Hotel

ALSO Healthy living and exercise tips from your team at Fitness Express Lane

EDITOR'S LETTER

Welcome to our first online Fitness Express Lane magazine. We hope you enjoy the articles and information, and use the magazine as a reference.

With us we are featuring a photo gallery of our 2009 Christmas get together at the Findon Hotel. Our features will include "In Season", "What's Cooking", "Burn It Off" and our favourite incidental. We will have contributions from Heather, our "resident" remedial massage therapist, Nadia Bevan, nutritional merits of the seasonal fruit and vegetables, and quick and easy recipes from local chef,

OUR CONTRIBUTORS



Tony

Tony Owens, 49, has always been involved in sport and fitness with his sporting family. Tony, while playing for West Torrens in 1984, won the SANFL Reserves Magarey Medal. Tony believes cross training is one of the best ways to build a good metabolism. His belief is that "exercise fixes everything" and that it is the basis for the prevention of chronic diseases such as diabetes, high cholesterol, hypertension (high blood pressure) and obesity.

Sue



Sue came later in her life to fitness. She was very overweight most of her life, but turned that round when she was 54 in 2005. Fitness Express Lane helped consolidate the weight loss and improve Sue's health. She is now a Personal Trainer and loves working with her clients in the gym, and seeing their fantastic health improvements. Sue and Tony have two daughters, Jenni and Renee, and three grandchildren, Tahlia, Aidan and Delilah.



Nadia

Nadia started at Fitness Express Lane in 2007 assisting on the Diabetes Project, whilst studying Cert IV in Fitness. Nadia completed her Diploma of Fitness at TAFE in 2008, which also included running a project on 'Cognitive Behaviour Therapy and Weight Loss in Young Women'. Now Nadia strives to get the best out of her clients, pushing them in a safe and fun manner to reach their goals. Her philosophy in life is balance. Incorporating a holistic outlook assists in leading a healthier and happier life.

Heather



Heather began her career as a Nurse which introduced her to the world of alternative therapy. She studied massage where she qualified as a Remedial Massage Therapist. She also has qualifications in training and assessing and teaching students in Certificate IV in Massage Therapy, Diploma of Remedial Massage and Senior First Aid.



Ezio & Maggie

Ezio and Maggie commenced Occasions Catering at Findon in 2008, with a small shopfront on Findon Road. Catering for the local community soon grew into major contracts with St. Peters College, Prince Alfred College, Catholic Education and recently with the Department of Recreation and Sport at venues such as Hindmarsh Stadium. Ezio and Maggie will be providing an easy and simple to prepare recipe for each issue of Fitness Express Lane Magazine.

Sam



Sam has been part of the fruit and vegetable marketing industry since he was a young lad. He is currently a partner in the hugely successful Adelaide Fresh Fruit & Veg franchises at Fulham and Prospect. Sam has always been dedicated to his fitness and is passionate about the Adelaide Football Club and AFL footy in general.

MEET JO Our Featured Client



Jo is a young 51 year-old proud grandmother, who has been training with Fitness Express Lane personal trainers since September 2006.

Jo is responsible for our very popular early morning start time of 6.00am. The first day Jo stepped foot in our front door, we were smartly informed that our planned start time of 6.30am was "too late for her" and she started out the door. We persuaded her to come back and that we would commence our first session of the day at 6.00am as a trial.

The rest is "history" although by the look of the clients at the front door at 5.45am, we are still "opening late" !!

Jo's fitness has gone from strength to strength and she would now be able to "show a thing or two" to many people half her age and younger.

Except for a minor health glitch late in 2009, she would have achieved her goal of competing in a Half Marathon. Maybe 2010 will be her year.

Jo and husband Peter became grandparents for the first time in 2009 to baby Noah. We will probably see a little less of them both now as Noah lives in Geelong. Jo and Pete will be travelling often to see him grow.

And yes Jo, you are having fun !!! You are very active, healthy and fit for anything you choose to accomplish. Well done !!!

Q&A

How long have you been training at Fitness Express Lane?
3 years

Is there anything significant that you can do now that you couldn't do before? Run 14kms

How often do you train?
3 times a week

Are there any sporting achievements you would like to achieve?
Complete a Half Marathon

Do you do any other fitness activities?
Running, Bike Riding, Walking

Favourite food?
Asian Food

Do you have a favourite exercise or combination of exercises? Circuits with Cardio, Strength & Core exercises

Favourite movie?
Crouching Tiger, Hidden Dragon

What is your favourite leisure activity?
Bike Riding

Favourite saying?
Are we having fun yet?

fitness
your personal training studio

9A Crittenden Rd
Findon SA 5023
tel: 8244 2995

GOLD AWARD
for Excellence 2009

We wish to thank our loyal customers for voting for us in this years Messenger Local Business Awards

Fitness Express Lane provides:

- affordable personal training
- strength training, cardio and functional fitness
- nutritional advice and packages
- heart rate monitor and towel provided for each session
- free cappuccinos, espressos, tea

all for the one low price!

**NO Joining Fees
NO Memberships**

www.fitnessexpresslane.com.au

Magazines (Printed + Online)

special savings

scribble these savings in your diary! Hurry... come in while stocks last!

computer problems

we can fix:
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Repair all makes and models

4GB USB **\$12**
8GB USB **\$19**

Microsoft Wireless Mouse 1000 **\$26**

LG 50pk DVD-R **\$14**

Epson 73N or

"I want a slim quiet computer that takes up little space"

axom s300

Intel Core i3-2100 3.1Ghz Dual Core CPU
1000GB Hard Disk | 4GB DDR3 Memory
Slimline CD/DVD Burner | Intel HD Graphics
USB3 & HDMI | 22" LED Wide | Stereo Speakers
Wireless Keyboard & Mouse | 24mths warranty

Windows 7 Home Premium **\$1199**

"I want a value system to check my emails + facebook"

persona 3875

AMD Athlon II X2 255 3.1Ghz Dual Core CPU
500GB Hard Disk | 4GB DDR3 Memory
22x CD/DVD Burner | 20" Widescreen LCD
Integrated Graphics Card | Stereo Speakers
PS2 Keyboard | Optical Mouse | 24mths warranty

Windows 7 Home Premium **\$749**

"I want to play games!"

meridian + 3875

Intel Core i5-2500 3.3Ghz Quad Core CPU
2000GB Hard Disk | 8GB DDR3 Memory
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ATI HD6770 1GB Graphics | 2.1 Stereo Speakers
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Shop 3/181 Grange Rd Findon SA 5023
tel: 1300 88 58 98 | www.eaglecomputers.com.au

24mths return to base warranty for hardware only. Internet connection required for checking emails and Facebook. All rights are property of their respective owners. Offer ends 31/10/11. £&OE

Jason Ellery
ph: (08) 8342 1115
fax: (08) 8342 1116
mob: 0419 848 898
jason.ellery@towergaming.com.au
SA / NT.

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- Dual colour light sensor coin cup illumination
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- Reliable high speed easy access hopper
- Coin capacity over 15,000 coins
- Power supply with beakerswitches - no fuss
- Large Memory event log
- Easy to use keypad for accurate audit and operating
- Reverse count and batching system to empty machine

TROJAN

HIGH SPEED, HIGH QUALITY, HIGH SATISFACTION!

The Trojan coin dispenser is a high quality, high speed machine capable of dispensing large volumes with ease. Fast quiet and accurate, the Trojan comes with a separate Customer Verification Meter, it's own remote keypad, and a host of other features all at an extremely affordable price.

Rugged, durable construction is the Trojan's keynote and it is designed to handle the rigours of everyday use. Built to give you years of trouble free service, the Trojan even comes complete with a stainless steel hopper.

TROJAN PLUS

The Trojan Plus coin/counter dispenser is a high quality, high speed machine capable of dispensing large volumes with ease. Fast quiet and accurate, the Trojan Plus comes with a printer option, separate Customer Verification Meter, it's own remote keypad, and a host of other features all at an extremely affordable price. Designed for coin clearance and cashing. The software is extremely user friendly.

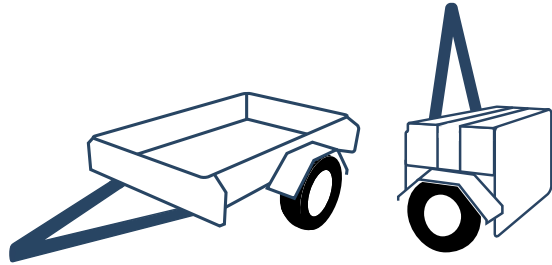
Brochures and Flyers



Outdoor Signage

identity





CENTREFOLD TRAILERS

