

# Local Launceston entrepreneurs take out top billing

You've only got 90 seconds, but that's all it took for local entrepreneur and business owner, Sara Redman to 'pitch' her product to a crowd of investors, business angels, venture capitalists and other entrepreneur enthusiasts.

Having made it to the next round, she had five minutes to elaborate and then the voting began. Three of the nine "pitchers" were women and Sara took out top honours.

"We are overwhelmed with the positive response we received here tonight" commented Sara. It's an invaluable forum for local business owners and budding entrepreneurs to have their ideas heard."

"LightenUp was developed because we felt there needed to be an intelligent approach to weight loss which is seriously lacking in quick fixes. Almost all once in our lives, yet a

LightenUp is not about our heads. Sara together with her have written a self-paced which is designed to help and achieve those body-to be elusive to many LightenUp, a subsidiary helping people change the and their bodies. In so obsessed with body important for people to is an alternative.

For the first time since its inception, a woman has taken first place at The Pitch Club.

the world of diet pills, shakes and of us have been on a diet at least whopping 95% of fad diets fail!" the diet; it's about what goes on in

business partner Susan Henshaw coaching program called LightenUp you feel better about your body related goals that may continue people.

of RedHen Enterprises, focuses on way they think about themselves this day and age when society is image and the body beautiful, it's

understand that this is not a healthy attitude to have – there

Megs Richardson, Owner, Fit 'N Kicking

"Working in the fitness industry, I often work with people in a very physical environment and it's sometime difficult to delve into the mental/emotional issues that are preventing them from best practice in terms of their fitness, health and wellbeing. LightenUp is a program that my clients can use in the privacy of their own home, they can do it online, it's self-paced and it allows them to look at those barriers that might be stopping them from reaching their goals. I can't be with my clients 24/7 so it doesn't matter how hard I work them in a physical setting, if they have mental/emotional barriers that stop them from reaching their full potential, LightenUp gives them the tools to address those issues and then complements what I do with them."

Are you ready for major change or are you happy maintaining the status quo? Do you want to finally



Susan Henshaw & Sara Redman – Directors of LightenUp, and Meg Richardson, Fitness Professional from Fit 'N Kicking.

get off the diet treadmill or are you content with doing what you've always done?

If you are ready to make a change, then visit the website now to do a free self-assessment and also download the article "The Top 5 Reasons Why People Don't Achieve Their Body Related Goals."

Contact Sara Redman on 0439 397 023 (days) or 03 6343 2848 (evenings), email: sara@lightenupnow.com.au or visit: www.lightenupnow.com.au

## DON'T LET YOUR BUSINESS BECOME A HUMAN SWINE FLU CASUALTY!



An important message to all business managers.

- 1 Ensure that any staff member with flu symptoms (fever, cough, sore throat, runny nose) does not come to work until they are fully recovered.
- 2 Develop a business continuity plan that identifies and ranks critical processes and the required physical, human and financial resources needed to operate with reduced staff capacity.
- 3 Seek out the latest information for staff and clients by contacting Business Point on 1800 440 026 or visiting [www.pandemic.tas.gov.au](http://www.pandemic.tas.gov.au)
- 4 Support staff who have to stay home, e.g. if they are sick, if they are in home isolation, or caring for others who are quarantined.
- 5 Be flexible about the need for medical certificates as appointments with a doctor may be difficult to get.
- 6 Ensure your workplace has adequate supplies of: tissues, soap (preferably liquid soap in a dispenser), alcohol-based hand rub (gels or wipes), paper towels and cleaning products.

Please phone 1800 FLU DOC **BEFORE** going to a flu clinic, hospital, pharmacy or your GP.