

Kick Arse

BLACK AND BLUE NEWS

Newsletter Date:

26thth March,

Special Interest
Articles:

- Health and Fitness
- Anti Ageing
- Profiles
- Bodybuilding events
- FILEX 17-19 April 2009

WELCOME

Welcome to our first edition of "Kick Arse", Black and Blue's new newsletter. In this edition we talk about health and fitness, anti-ageing, upcoming bodybuilding events in 2009. In addition we introduce the latest Black and Blue

autumn/winter range at the Australian Fitness Expo to be held in Darling Harbour in Sydney. In addition, we have two profiles on Kathryn Avramakis, Miss Figure Universe and Australian and OPBF Champion Suzie Ramadan both sponsored by Black & Blue.

FILEX

Black and Blue are proud to announce we will be exhibiting our latest fitness range at the World Conference and Exhibition Show to be held at the Sydney Convention Centre 17-19 April 2009. This year we have a larger stand than before, enabling us to display an even wider selection of our 2009 range which includes our

new hooded jackets and tops and matching tailored fitness pants. These come in light grey, charcoal, royal blue, red, navy blue, and electric blue. Black and Blue fitness wear can be purchased in a combination of two tone and/or plain colours to mix and match. Our latest range will also be available for purchase on line at: www.blackandblue.com.au

Black & Blue Fashions

Profile on Kathryn Avramakis



Black and Blue has been sponsoring Kathryn Avramakis since 2005.. In that time Kathryn has won an impressive number of bodybuilding titles including ANB Overall Victoria, ANB Overall Australia, NABBA Overall Victoria, NABBA Overall Southern Hemisphere and, the ultimate victory in Austria, Miss Figure Universe - Overall in 2006. Kathryn is a qualified Chinese Medicine practitioner and fitness trainer. She specialises in the fields of pain relief and cellular health, more particularly in the areas of weight loss and anti-ageing.

Anti-Ageing

It is well known that antioxidants and free radicals are the primary cause of premature ageing. Katherine knows the value of being fit and healthy from the inside because good health starts on the inside. She is extremely passionate about her own herbal range and also about another amazing product, RioVida Juice which she endorses. These products boost the immune system in a way that regulates the ageing process by increasing the level of the body's natural antioxidants at the cellular level. For more on Kathryn visit her website www.kathrynavramakis.com.



Riovida Juice is a unique product, providing a high level of ANTIOXIDANTS for combatting the effects of ageing, and also improving the ability to boost the IMMUNE SYSTEM via the capabilities of TRANSFER FACTOR. Transfer Factor is the most powerful product known for immune system support. In fact, there are no subscription drugs that can support or bolster the immune system. The antioxidant potential per ounce of Riovida is 4 to 8 times more powerful than those in other common health juice drinks. Riovida juice also provides OMEGA 6 and OMEGA 9 fatty acids, which help LOWER the LDL or the BAD CHOLESTEROL. In addition to its powerful antioxidant effects, ONE OUNCE of Riovida provides the equivalent of 2 CAPSULES of advanced TRANSFER FACTOR. There is also lactoferrin in this product, which has been known to be antiviral, antibacterial and antifungal and does not have the effects of Lactose in the body.

* THE BENEFITS OF RIOVIDA:

- * contains **high levels of antioxidants to help with cardiovascular and neurological diseases**
- * has anti-ageing effects with resveratrol from the purple grapes and fights free radicals, which have a debilitating effect and are a major factor in the ageing process.
- * boosts the immune system 400% more than other herbs and supplements out there in the market!

For further information visit www.rioVida.com or contact Black & Blue.



Australian and
OPBF Champion,

A message from Susie Q Ramadan, Australian and OPBF Champion

I would like to thank Black and Blue for the sponsorship given to me from the first day I turned professional in boxing! They are a great support and the apparel has been an excellent success in my journey.

I am also grateful for the time and effort continuously given by them.

On Friday 20th March, 2009 at a Fighters Factory Promotions event at the Knox Netball Centre, Ferntree Gully Susie defended her OPBF title and won. CONGRATULATIONS!

UPCOMING EVENTS:

Black and Blue will be supporting the following events with their latest range of fitness fashions, at the bodybuilding shows below:

INBA - Melbourne Natural Physique titles
April 4 2009 at Glen Eira Town Hall

ANB - Natural Physique Championships
May 9 2009, La Trobe University, Bundoora

NABBA/WFF - 2009 International
May 16, Camberwell Civic Centre

CLEARANCE SALE - Sunday April 5 at 126 Edwardes Street, Reservoir
(Please note walk-in customers only and only discontinued/overstocked items.)

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