

## MARRIAGE GYM

As you think about growing connections with your Playgroup members next year you might like to consider offering MarriageGym.

MarriageGym is a ten week course for women. It can even be done online, so if there is no one in your area able to run the course, you can put a tip like this one in your playgroup newsletter and the ladies can still benefit from doing the course in their own time! We will be sending tips like the one above to members of CPN – hopefully half a dozen tips at a time – in the coming months, so please use them in newsletters or on noticeboards to encourage people in their relationships. You may like to do the course online yourself, or suggest it to someone in your church with a heart for church and playgroup mums. We are always looking for more people to get on board and run the course in the community, and doing it online is a great way to start – as well as a great way to improve your own relationship.

MarriageGym does something that popular TV shows and women's magazines do not – it actually teaches many of the skills that are essential to a successful relationship. One thing I love about MarriageGym is that it is really suitable to be used in a non-Christian setting – it is full of Christian values and principles, but does not assume that the participants are Christian. The final chapter encourages women to consider their spiritual side and the inner peace that can only be found in a relationship with God, but it does so very gently. I have run the course with a mix of church and community ladies, and it is an exciting way to deepen friendships as well as offer practical advice and support. I would love to hear from anyone wanting to explore how to go about offering MarriageGym within their church/playgroup!

Visit <http://marriagegym.com> or contact:  
Sue Nicholls 9796 1193 or  
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### *MarriageGym tip for a healthier marriage & a happier you*

Consciously remember to smile at least twice a day when you interact with your man. Whether he rings you from work or you're asking for help with the dishes, smiling will soften your features and he'll feel more appreciated.

It also exercises these facial muscles – zygomaticus major and minor (pulls up the corners of the mouth); orbicularis oculi (encircles your eye and causes crinkling); levator labii superioris (pulls up the corner of your lips and nose); Levator anguli oris (helps elevate angle of mouth); Risorius (pulls corner of mouth to the side). Bet you didn't even know you had half those muscles!

Fake prom queen smiles don't count – you'll only be exercising your risorius muscles and your man will sense your insincerity. So smile with your eyes and let him know how appreciated he is – and give your facial muscles a work out at the same time! A smile also releases endorphins that will make you feel happier. So a smile will brighten your day in more ways than one!

### *Love from the MarriageGym Team*

MarriageGym is a ten session fitness program to get your relationship into great shape!

Find out more about our self paced programs at [www.MarriageGym.com.au](http://www.MarriageGym.com.au) or register for a MarriageGym group by calling 9796 1193.

There are groups starting in the area soon!



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