

## Mums get physical

By Mark Barbelluk

YASMIN Tselpis has a strong message for new mums of all ages looking to get their lives back on track: the time is now.

For Mrs Tselepis, from Bexley, her passion for fitness for new mums led to the creation of the Yummy Mummy's Outdoor Fitness Group.

When Mrs Tselepis had her first child, now 4, she struggled with concerns such as sleep, fitness and time management.

"I had some very tough days", she said.

So when her second baby came along she was determined to pay particular

attention to her health.

Mrs Tselpis exercised, visited friends and talked to other mums and realised that most new mothers were in much the same situation.

Yummy Mummy's outdoor Fitness Group now helps women in the same situation who are welcome to bring their babies.

Although the primary purpose is exercise the group's value extends to other areas of life.

"This form of personal training allows mothers to bring their little ones along", Mrs Tselepis said.

The exercise sessions are held at Ramsgate Beach, Shelley Park at



Cronulla, Olds Park at Mortdale and in the Eastern sububrs on various days of the week.

Details: [www.yummymummysfitness.com.au](http://www.yummymummysfitness.com.au)

ness.com.au

**Fighting fit: Yasmin Tselepis (in white) and a group of young mums put fitness first. Picture: Chris Lang**  
 Article from The Leader

### PROPERTY

## Property loans for DIYs Check out the interest rate

The ability of self-managed superannuation funds to borrow to buy property is spawning an increasing number of gearing options, the latest being a new loan from Laiki Bank Australia. The bank, which was launched in 2001 and is part of the Cyprus-based Marfin Popular Bank, has established itself as a useful boutique lender.

Its new loan, known as SuperLend, is available specifically to self-managed superannuation funds but in contrast to some of its rivals, Laiki Bank doesn't get directly involved in helping funds establish the structure needed to ensure the fund complies with the rules governing this sort of superannuation gearing.

Steven Pambris, Laiki's head of credit, points out, however, that the bank can refer you to a legal firm that has special expertise in the area. Gadens Lawyers is the main firm used by the bank in this area.

Pambris says SuperLend will provide up to 70% of the value of the property being purchased.

The loan is structured as a principal and interest mortgage repayable over 15 years. In contrast its rivals will lend for terms of up to 25 to 30 years for residential property.

At the time of writing Laiki was charging its standard home loan of 5.98% on residential property loans, much lower than most of its rivals, and 7.83% on commercial property.

Laiki's upfront fee is competitive at 0.2% for residential loans and 0.4% for commercial property loans while its monthly fee is \$10 and \$50 respectively.

Article by Peter Freeman- MONEY August 2009

## ALPHA's 100 GREATEST SPORT STARS EVER

The Alpha team has put together a list of the 100 greatest sport stars ever! Greek/American retired tennis player Pete Sampras is 27th on the list.

A few words about **Pete Sampras**: (born August 12, 1971) is a retired Greek/American tennis player and former World No. 1. During his 15-year tour career, he won 14 Grand Slam men's singles titles, and had a 203-38 win-loss record over 52 Grand Slam singles tournament appearances.

Also, 71st in the list is **Babe Zaharias**, American athlete married to George Zaharias (1908-1984), a professional wrestler, in St. Louis, Missouri, on December 23, 1938. The couple met while playing golf. George Zaharias, a Greek American, was a native of Pueblo, Colorado. Called the "Crying Greek from Cripple Creek," Zaharias also did some part-time acting.



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