

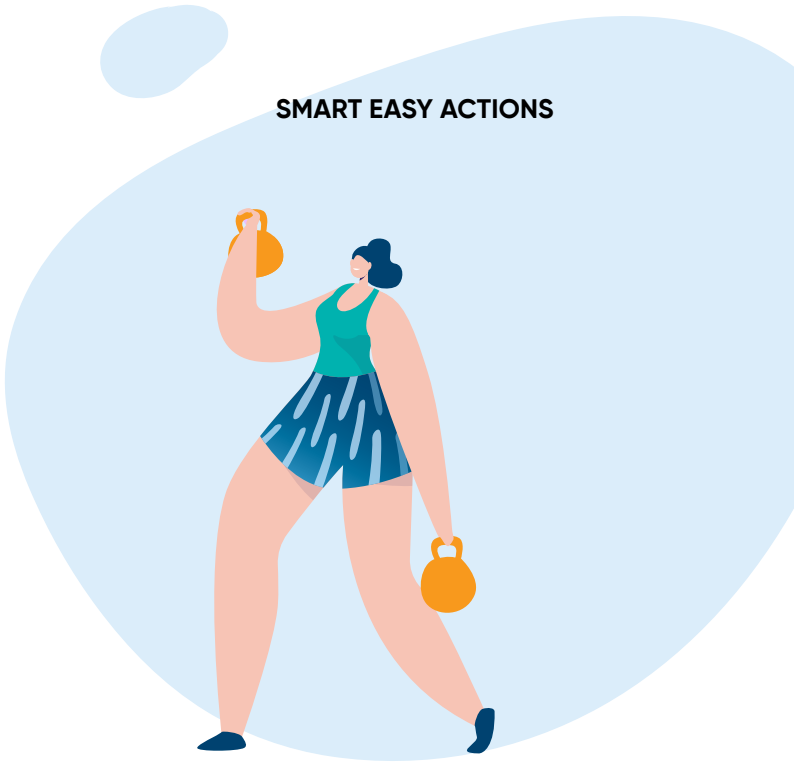
# Work up a mental sweat with our super boot camp

New Year's resolutions often fall flat because they're too ambitious or there's nobody to keep you on track.

But our super boot camp is one resolution you can stick to because you don't have to do it alone, we're rolling out our smartCoach to help you get there!

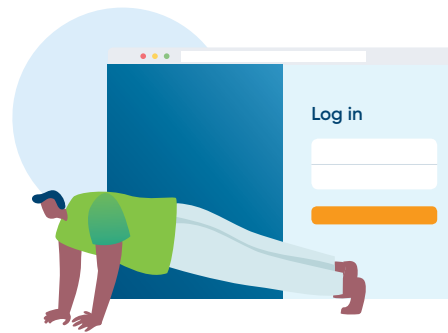
The smartCoaches (Available at no extra cost) are like the personal trainers for your super. They're here to motivate, encourage and help you chisel your retirement into shape.

[Meet the smartCoaches](#)



## Step 1

**New Year's resolution** Stay in shape – login and head to your account details to crunch out fresh communication preferences. Make sure they're up to date so you don't miss a peep of the good stuff.



## Step 2

**Winners don't quit** They do need coaching – line up a time to chat strategy with your smartCoach. Make sure you're on track, not in the stands watching.

**Call 1300 COACH1 (1300 262 241)** to get started.



## Step 3

**Train with your tribe** Those that sweat together stay together - on the top of the money podium! Send your questions about super to our Instagram. Comment on any of our pictures with the **#AskCoach** and they'll respond on Instagram and in our Monday Matters newsletter.

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