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The Amazing Body FACTS...

- Human bone is as strong as granite in supporting weight. A block of bone the size of a matchbox can support 9 tonnes– that is four times as much as concrete can support.
- Each finger and toenail takes six months to grow from base to tip.
- In 30 minutes, the average body gives off enough heat (combined) to bring a half gallon of water to boil.
- A single human blood cell takes only 60 seconds to make a complete circuit of the body.



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**WINTER NEWSLETTER
ISSUE 6**

First of all- Happy New Year to you! From everyone here at Fitness4All.

The National Fitness Awards

Having reached the finals in York on November 25th we were pipped at the post but came runners-up from a group of over 100 gyms in the category 'Gym Team of the Year'.

The Extension

Over the Christmas period, as many people will have realised; we've gained a little size- just under 2000 square feet! Yes, the rumours are true we've expanded to include the largest specialist functional training area in this part of Cheshire.

The upstairs gym continues with some improvements but downstairs the new kit includes Smith Machine, Power Cage, TRX Suspension Trainers, Pec Deck, Hyper-Extension, Leg Press, Hack Squat and all the weights you've ever needed. If none of the above makes any sense to you, don't worry, we will show you everything you need to know to get yourself in the shape that you want to be in.

Of course now is the time we're making our New Year's Resolutions, so here are ours:

"We will give every member and every guest the best service -every visit, every time!"

That's it- we will try to make your experience the best it can be. We realise you have choices when it comes to working out. You've probably got limited free time and if you choose to spend it with us here at F4A then we promise to respect that and make sure during your visit you get the best service we can give. See page two for hints and tips on setting and keeping your health and fitness resolutions.

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The Secret to Successful Fitness Resolutions

Nearly three quarters of us fail to keep their resolutions each year, but you don't have to go into "default." These 7 strategies will help you set - and keep, realistic goals.

Whilst you can't wave a magic wand and make your resolution come true, there are some easy steps you can take that will make it easier to fulfill your promise to yourself.

- **Choose an attainable goal.** Resolving to look like a model is not realistic for most of us, but promising to include daily physical activity in our lives is very possible.
- **Avoid choosing a resolution that you've been unsuccessful at achieving year after year.** This will only set you up for failure, frustration and disappointment. If you are still tempted to make a promise that you've made before, then try altering it. For example, instead of stating that you are going to lose 30 pounds, try promising to eat healthier and increase your weekly exercise.
- **Create a game plan.** At the beginning of January, write a comprehensive plan. All successful businesses start with a business plan that describes their mission and specifies on how they will achieve it. Write your own personal plan and you'll be more likely to succeed as well.
- **Make contingency plans.** Don't assume that sticking to your plan will be smooth sailing. Plan on hitting bumps along the resolution road and be prepared with specific ways to overcome them. What will keep you from skipping your workout or stop you from having a cigarette? This may mean seeking help from family or a professional, writing in a journal, etc.
- **Give it time.** Most experts agree that it takes about 21 days to create a habit and six months for it to actually become a part of your daily life.
- **Reward yourself with each milestone.** If you've stuck with your resolution for 2 months, treat yourself to something special but make it a massage rather than a piece of cake.
- **Don't go it alone!** Get professional assistance. Everyone needs help and sometimes a friend just isn't enough. Sometimes you need the help of a trained professional. Don't feel that seeking help is a way of copping out. Especially when it comes to fitness, research studies have shown that assistance from a fitness professional greatly improves people's success rate.



MYTH: Weights are just for bodybuilders.

REALITY: Wrong, wrong, wrong! I know the weights area of a gym may be a little intimidating- with all those muscle-bound men heaving and straining, but muscular strength and endurance are incredibly important for women too to keep the bones and joints strong.



Use weights that you can lift 15 to 20 times before starting to feel exhausted- this will tone and strengthen without building bulk.

MYTH: I go running three times a week for an hour, and that means I must be fit?

REALITY: If you run three times a week, your body will be fit for running, this does not mean you will be able to jump straight into just any other activity.

Your cardiovascular system will be strong but it is recommended that some kind of weight-bearing exercise is performed two to three times a week.

...offering you a wide range of speciality food, drink and gift items from around the world - and from around the corner!

We wish you all the best with your new year healthy lifestyle, but if you do fall off the wagon, then we're here to catch you!

Call in and see us at 15 High Street, Bollington, or phone us on 01625 575491

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Nutrition

Cut Back Your Sugar to Lose Weight

On average, each of us eats 140 pounds of sugar per year!!

Sugar induces hunger and cravings because it wreaks havoc on your blood sugar levels, causing them to rise, then fall. When you eat sugar, a surge of a fat-storing hormone called insulin is released into your digestive tract. Insulin grabs hold of this sugar and stores it as energy- and then the excess is stuffed into your fat cells in all of those dreaded trouble spots - like your belly.



As a result, your blood sugar levels drop, causing more hunger and cravings. Then the vicious cycle repeats. **It's important to note:** that in the presence of insulin, the hormone responsible for burning body fat- glucagon, is 'shut off'. That's why chronic, high insulin levels will make it impossible for you to release belly fat.

Here's something else to keep in mind, **four grams of sugar equals one teaspoon of sugar.** So when you look at a soft drink can (or any other energy drink or fruit juice) and see 40 grams of sugar in a 12-ounce container, this means you're drinking the equivalent of 10 teaspoons of sugar!

That's right. There's no difference between drinking a sugar-filled beverage and dumping 10 teaspoons of sugar into a glass of water and chugging it down.

And where do you think all that excess sugar goes? If you said it converts to fat and is stored in your belly, thighs, hips, face, arms, and all those other trouble spots, you're right!

How much sugar is okay?

Let's be honest most of us are not the type of person who is going to count sugar grams all day long. Let's face it, it's a hassle and it's not something most busy people can do for life. That's why I don't recommend that you count the grams of sugar you eat.



Instead, stick to unprocessed, natural food sources and you'll start losing that belly fat in no time... flat!

Jon Barton's Story...

"I started the gym in November of 2009. I struggled to make it to the gym twice a week and I weighed near 21 stone. I always felt very tired and was eating a lot of junk food. I made myself do a spin class which I did the bare minimum. I remember afterwards being so exhausted and looking in the mirror thinking 'I am going to change my life!' I booked on to Boxercise classes, Kettlercise, Spin and built from there.

*I changed my diet and I started to lose weight. Now I have dropped 5 stone! The grit, determination and the passion from the staff at **Fitness4All** has definitely been a huge factor in what I have achieved. People don't recognise me any more and I have more energy than ever! If you think you want to change your life, it's not about going on a fad diet, in fact its quite simple- eat better, work hard and you will achieve your goal. I found cutting alcohol out was the best way to lose the most weight. You can still treat yourself, but over indulging regularly will be a huge detriment to you. Now I want to learn to be a gym instructor, I want to help people who were in my shoes.*

*I would highly recommend **Fitness4All** for anyone..." - Jonathan Barton*

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Chris' Column

I've spent my working life in gyms and one of the most common sights is a member exercising in a way that is either pointless or even dangerous.

There are still many popular mis-conceptions about

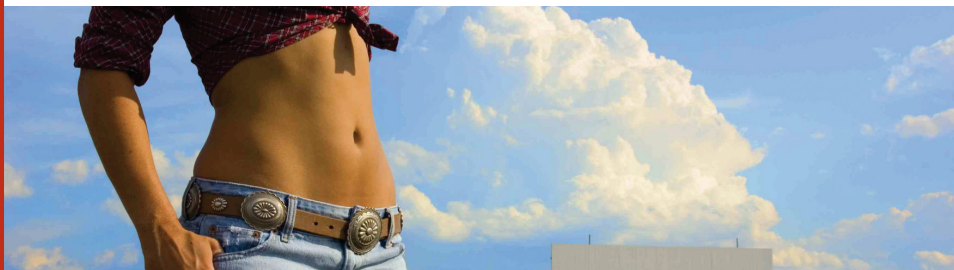
'how to slim down or tone up stomachs, bottoms and thighs'

-with routines left over from the days of 'go for the burn' aerobics and Jane Fonda-style videos.

Our scientific understanding of how the body works and responds to movement has increased infinitely since the eighties, but many of us are still not smart enough when it comes to optimising the potential in a workout.

Here are the most common myths about exercise and my easy-to-follow alternatives...

MYTH: Sit-ups are the best way to a flat tummy.



REALITY: Stop! Firstly, lots of sit-ups or crunches alone won't tone a flabby belly- you need to combine any exercise with an overall weight-loss programme: eat a balanced diet and take regular varied exercise.

Sit-ups target the most superficial 'six-pack' core muscles, but too many of these will cause the tummy to bulge out, leading to a pot belly.

If you perform a dynamic movement such as a walking lunge while rotating the top half of your body at the same time, you target all the abdominal muscles as well as other large muscle groups that burn more calories and body fat- it is these kinds of moves that will help give you the tummy of your dreams.

Fitness4All Club News

New staff – We would like to welcome Andy Megarrall, Clare Hudson and Jon Barton to the team here at F4A. They bring a range of extra skills and experience to us which will help every member's experience

Memberships – are more flexible than ever! We now have more options for you when it comes to getting started here at F4A. As we are entirely independent we can offer the most flexible memberships in the area. Call in to have a chat to see what we can do for you or check out the website, www.f4a.co.uk

Physiotherapy Clinic – We are now running a free Saturday morning clinic- Yes, FREE! Pauline Atkinson will be offering free Physio advice to members and non-members on a drop-in basis every Saturday morning from 11am to midday. Just drop in- no need to book.

Fitness4All January Class News

New year, new class timetable. We now have our biggest and best timetable up and running. More classes than ever including new classes such as Zumba and Attack alongside returning favourites Spin, Modern Pilates, Kettlebells, Boxercise and many more.

To see our new class timetable and details of our special guest classes check out our website, www.f4a.co.uk

The Lighter Side of Health & Fitness

Terry rushes into Doctor Sims's surgery. He has a parsnip up one nostril, a courgette in his left ear and a banana in his right ear...

"Doctor! Doctor!" Terry wails, **"I've got dreadfully sore ears and can hardly breathe! What's wrong with me?"** Doctor Sims looks at him for a few moments, shakes her head sorrowfully and answers... **"Terry, you're not eating properly!"**

Q. How do you get a man to do sit-ups?

A. Put the remote control between his toes.

