



**Fitness4All**  
*your gym at the Adelphi Mill*

01625 575 760 [www.f4a.co.uk](http://www.f4a.co.uk)



## *Newsletter Spring 2010* Issue 3

Clare joined Fitness4all in May 2009 and the results she's had are astonishing, yet at Fitness4All, not unusual. When I asked Clare what it was that motivated her to make a change she said the following: "With the scales telling me I needed to lose 7 stone I decided I needed to take action. I joined Fitness4All with my daughter and within 3 months I had lost 3 stone, and 8 months on I have lost just over 5 stone.

I can honestly say there have been no shakes, no pills, no gimmicks and that it's been down to exercising 3 times a week & eating healthily (& the odd treat of course). To be honest when I first joined I thought it would be impossible to shift my excess weight but through a variety of classes & going to the gym regularly it's worked!"

When Clare joined we had a chat and, like many people, Clare had a perception that getting started in health and fitness was 'too big' and something that other people did so we worked with Clare to help integrate exercise into her busy schedule.

"As you said to me, just the other day, it's not like I have had to be in 10 hours a day to see an improvement. With just 3 sessions a week I can't explain how much better I feel. To anyone still pondering over their new year's resolution or, like me back in May 2009 thinking I have too much weight to lose, or I won't know what to do in a Gym, GET JOINING, you won't regret it. I use to read in magazines about big weight losses & think they must live on water!! But all you need to do is exercise. If I continue losing 2lbs a week & keep up my weekly workouts by May I will have reached my target loss of 7 stone"



At Fitness4All it isn't all hardcore, gruelling training (it can be if you want though!). We have all levels, shapes and sizes here, all working together, to reach their goals. New to exercise? Why not try our new 'Intro to' classes we're now running? No idea on how to get started eating healthily? Give our new Weight Management and Lifestyle programme a go. Looking for fun? We have guest classes such as 70's Boogie Breakdown, Diva Fever and Michael Jacksonise!

There's always tonnes going on here at Fitness4All, so turn the page and keep reading to find out more.

## Weight Management

New Weight Loss Course at Fitness4All

By Joanne Hill, Nutritional Therapist (BscHons, Dip CNM, MBANT)

It is hard to know what to believe when it comes to diet and nutrition. If you want to lose weight you have probably tried every diet under the sun. One week it is all meat, the next no meat, sometimes you are counting points, other times choosing from your 'free foods'.

Unfortunately whichever diet you try, the result for many people is the same. The first few weeks (or months) the weight comes off, and then you plateau, lose motivation and end up heavier than before. The only thing any lighter is your purse which has paid out for the various wonder foods you were recommended.

Diets often fail because they do not address the many factors that contribute to weight gain and they are often seen as a short term fix. Although most diets provide a list of foods to choose from, they do not consider factors such as:

- Physical reasons for weight gain
- Eating patterns including the role of emotions and habits
- The impact of stress on your weight.



We are all different and therefore different approaches will work for different people. To be successful in the long term you need to consider your health and nutrition. Understanding food and how it really works in your body will help you make nutritious choices that work for you, allowing you to lose weight whilst also improving your energy and overall wellbeing.

At Fitness4All, we are pleased to announce a new weight loss programme led by Nutritional Therapist, Joanne Hill. Over six weeks, the programme will cover:

- The real story of how food works in your body
- Nutrients important for weight loss, energy and well-being
- Understanding factors that can lead to weight gain
- Breaking habits and tackling emotional eating
- The importance of exercise
- A new menu for life, including easy to follow recipe and snack suggestions

Each session will run for 60 minutes. Through the programme you will gain valuable knowledge and information which will be supported by handouts and nutrition plans. You will also have an opportunity to try new foods and will be provided with recipes which will enable you to live lighter and healthier for life.

The cost of the course is just £45. Book now as places are limited.

## Indulgence Beauty Therapy

If you prefer something a little more sedate (possibly after a session on our Powerplate) then treat yourself to a beauty treatment with our new Beauty Therapist Samantha Pritchard. Sam is an experienced Beauty Therapist who is now freelance after 3 years working for the Pevonia spa Salon of the year 2008 & 2009. An anti-aging specialist, Sam offers nearly every treatment you can think of from waxing, pedicure & manicure, gel nails, exfoliations and a wide variety of massages. We'd run out of room if they were all listed! Pregnancy, sports and hot stones massages are particular specialities. Sam is running a special £10 'Taster Tuesday' every Tuesday in April; choose from a mini-manicure, 20 minute massage or a mini facial. Call 07879 771 963 to book.

To view the entire treatment list please visit the website or alternatively pop into Fitness4All to pick up a copy.

### Myth Busters

**Myth #1: You can take weight off of specific body parts by doing exercises that target those areas.**

Truth: This concept is called "spot reduction" and unfortunately, it doesn't burn fat. When you lose weight, you are unable to choose the area in which the reduction will occur. Your body predetermines which fat stores it will use. For example, doing sit-ups will strengthen you abs but will not take the fat off of your stomach. Similarly, an activity like running burns fat all over your body, not just your legs. You can, however, compliment a balanced exercise program with a selection of weight training exercises, cardiovascular training and sensible approach to nutrition to gradually lose weight and tone the body.

**Myth #2: Women who lift weights will bulk up.**

Truth: While on a weight lifting program, the right hormones (testosterone) are necessary in order to bulk up. Women's testosterone levels are much lower than men's, so in most cases, they are not capable of building large muscles. In fact, since muscle takes up less room than fat, women tend to lose inches when they strength train. So in addition to the physical benefits (increased metabolism, decreased risk of osteoporosis, increased strength), strength training will help you slim down too!

**"I joined a health club last year and didn't lose a pound. Apparently you have to go there."**

**"I did have flabby thighs, but fortunately my stomach covers them."**

## Class News



New to classes? Think Spin is too hardcore? Well, we are running 'intro to' courses starting in April. These courses will be 4 week courses where you'll get to start with everyone else at the beginning. We'll take you through a range of our classes so that you can try them first with no pressure. Have a go at Spin, Boxercise, Aerotone, CoreBall, Pump and more. Courses will run based on demand in the mornings, afternoons and evenings. Get in touch for more details.

The class timetable will have a few alterations starting after Easter. See website, phone or call in for more details.

## Guest Classes

From April onwards Fitness4All will be running special guest classes; there'll be something for everyone. Jonathan's Diva Fever will no doubt be a huge hit – a class where you get to be Britney, Cher, Rihanna, Tina Turner! Leroy Stewart will be here with his 70's boogie breakdown and a special Michael Jackson class.

Popular classes Body Attack and Body Combat will be appearing too, along with Hularobics, BlastFx and much, much more.

Give us a call on 01625 575760, check out the website [f4a.co.uk](http://f4a.co.uk) or call in to see what's coming up!



## Easter Opening Times

Good Friday – 10am-2pm  
Easter Saturday – 8am-5pm  
Easter Sunday - 10am-2pm  
Easter Monday – 10am-2pm

## Fitness4All

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