



Fitness4All

your gym at the Adelphi Mill

01625 575 760 www.f4a.co.uk

Newsletter Summer 2010 Issue 4

Well, how quickly a year can pass! It only seems like five minutes since April 20th last year then we reopened after replacing and upgrading absolutely everything in the gym. We have also changed quite a bit during the year after listening to feedback and suggestions from our members. Being totally independent has enabled us to react and act on these suggestions to make Fitness4All a true community gym with a complete range of equipment and classes and a totally diverse group of people.

You will notice that the size of this newsletter has doubled to eight pages of news, information, recipes and competitions.

Recently, we celebrated our 1st Birthday with a night out in Bollington with our members, and on page 2 we list the top 5 ways we burnt off the curry!

In my new column, Chris's corner, I'll explain how we guarantee you results in just 6 weeks.....or your money back!

As summer is here it's time to get outdoors and enjoy the sunshine (hopefully) so we explain the benefits of exercising outdoors.

Also, there are plenty of tips, recipes and a competition on the back page to win a place on our 6 week guaranteed results programme.

Enjoy!



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SPECIAL OFFER! Buddy Training Prices

(2 or more people training together)

Single Person	Session Details	Offer Price
£80 (10 sessions)	Championship Package 5 x 30 Minutes	£50 (Per person)
£160 (21 Sessions)	Premier Package 10 x 30 Minutes	£80 (Per person)

"After my first 10 sessions I have lost a total of 10 inches, 8lbs of body fat, reduced my body fat percentage, and the most important thing for me is that I now fit into my 10th school dress! I would definitely recommend Matt as a personal trainer." **Charlotte Moore**



4 Proven Weight Loss Rules

Forget the fad diets—these four rules to weight loss will never change. Every day we see the latest and greatest way to lose fat and if you read and hear all this you're probably more confused than ever by the sheer white noise created by today's dietary advice. If you did what you were told by every expert out there, you'd eat more of everything or less of everything, and you'd eat it earlier, later, or not at all. Fat would save you or kill you, carbohydrates would make you skinny or fat, and protein would turn you into a bodybuilder and put you on dialysis! So, here they are. The four tips that really matter.

1. Cut Calories

The low-fat/low-carbohydrate debate comes down to this: You still have to eat fewer calories than you burn if you want to lose weight. Every study and article we looked at shows this, there's no way of getting around it. Sorry!

2. Eat more protein

High protein foods, such as chicken, fish, turkey lean beef, put more distance between hunger pangs. And the fuller you feel between meals, the easier it is to avoid binges.

3. Food Goes Further with Fibre

Fibre's effect is the opposite of snack food. When you have fibre in your stomach, food takes longer to enter the bloodstream, and your blood-sugar level stays steady. The benefits? You'll have a more consistent energy supply and less between-meal hunger. You could eat more broccoli and raisin bran if you wanted to, but you can safely and easily take in more fibre by using a supplement such as. Start with 7 to 12 grams a day, mixed with water drinking it before your main meals.

4. Have a Plan

Next time you read a weight-loss story in a newspaper or magazine, count the number of disparaging references to popular diets. Based on the way diet gurus trash their competitors, you'd think there was no plan on earth that actually works. But the truth is that you can't lose weight without a plan.

You must have a plan. The more sophisticated your plan is and the more tailored to your likes and dislikes, the better. You can't wing it and expect to see results. There is no perfect weight-loss regimen, because research has yet to discover one. However even the worst plan is more likely to succeed than no plan at all.

The best plan is likely to include these elements:

- Meals and snacks are based on some lean protein source—fish, eggs, dairy, meat.
- More meals are better than fewer. Five or six meals and snacks a day is ideal.
- Low-fat and high-fat diets can both work, but one that cuts almost all fat is doomed.
- Nobody ever became obese from eating the best carbohydrates—fruits, vegetables, and whole grains. And nobody ever died from skipping potatoes, pasta, rice, popcorn, and Wonder Bread.



Member of The Month

Ruth Barnett has won Member of the Month for April, with a whopping 21 visits in the month but that's not the real reason why she's member of the month. Ruth has made a massive change to her lifestyle and mind set, and working out is no longer is working out a chore it's now enjoyable; something she never thought would happen! I'll let Ruth tell you more:

"I started off with little energy and complete lack of motivation, after 11 weeks I am bursting with energy and now settled into my weekly routine of visiting the gym 3-4 times a week and the pounds and inches are not just dropping off they are staying off and I am constantly receiving compliments from friends, family and work colleagues."

So, congratulations to Ruth for making changes in her life and taking control.

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Chris's Column

There's an interesting fact about investing a penny, and doubling that investment every day. So – Day one – you have one penny in the bank. Day two – 2p. Day three – 4p. Day four – 8p etc. By day 30 – you'll have over £5 million saved (go ahead – do the maths).

The idea is that major change starts with a small investment.

Now obviously it would be pretty difficult, in fact, impossible to find a bank that would double your money for you every day — but the point is that seemingly insignificant investments (at the time) can add up to something very significant over time.

Let's put it this way. What if you improved your diet and your exercise program by 1% per day...?

Actually – let's go even lower – 0.3% per day. 3 tenths of a per cent. Day two: another 0.3%. Day three :another — and so on. At the end of one year – you'd have improved your diet and exercise program by over 100%!!!

That's all success can be – just a few simple disciplines repeated over time.

Self-help expert Brian Tracy has said that reading one hour per day will make you an expert on the topic of your choice. One hour is not a big investment. But when you add that up over the course of the year that's 365 hours. Or nine 40-hour work weeks.

Whether your goal is fat loss, muscle building or building your business — Small investments compounded over time will add up to big results.

This is the principle cornerstone of our 6 week GUARANTEED RESULTS programme. You've got a holiday looming. You're wondering how you're going to fit into that swimming costume, never mind that sleeveless dress for drinks in the beer garden!

With our 6 week plan there could still be time to slim down, get fit and tone up before the suitcase is locked shut — and you don't even have to be a member to embark on it.

One of the reasons that people are discouraged from joining a gym is the fear that they will feel intimidated by other members who are slimmer, fitter or stronger than them.

At Fitness4All we are a gym for EVERYONE and, we try to get to know all our members, so they feel relaxed and welcome. Most of our new members have never joined a gym before and a large proportion of them are 35 or over.

We don't like labelling, judging or compartmentalising people, which is why the programme works so well. It gives us a chance to treat everyone differently on a personal level.

The programme is based around six one-to-one sessions with a trainer, plus aerobic (cardiovascular) and resistance (weights) training in between.

This is an ideal way for someone who is unfamiliar with gyms to have a taster without being committed to full membership. **We will even offer a money-back guarantee if the participant sees no improvement by the end of the six-week period**

The programme is fully supported, not only by our staff but also by our welcome packs which contain information sheets and personal record diaries.

We would expect people to have at least three sessions in the gym every week, but they can do more than that if they want and can take part in our studio classes too. In effect, you have full club membership for six weeks.

But the programme is not just about exercise, because we also look at your lifestyle and what you eat to help get you on the right track for a healthier way of living for a long time beyond the six weeks of the programme.

Each one-to-one session of the programme focuses on a different aspect of the course starting in week one with an assessment of the participant's health and fitness levels, their lifestyle and diet, and their short and medium-term goals.

News from the gym floor

Fitness4All sponsored the Kerridge family fun day which was due to be on May 2nd. Unfortunately the weather reports all predicted rain (which never happened!) and so the decision was taken to postpone the event. We are sorry for any inconvenience caused and the fun day will be back on later in the summer.

£1000 Giveaway!

We are pleased to announce that we have given over £1000 worth of memberships to Rainow pre-school and Windyway Trust for them to sell and keep ALL of the money. We're keen to support local charities and organisations so if you are involved in an organisation that is looking to fundraise then contact Chris at the gym.

- Congratulations to Matt and Ruth Gore who married on Monday 19th April. Matt and Ruth both had personal training at Fitness4All and looked fantastic for their big day.
- Another round of congratulations to Karen Crook who completed the 26.2 mile (a full marathon!) Manchester Shine Walk in April in aid of Cancer Research. Well done Karen, All those hours on the treadmill paid off!
- Linda is doing her gym instructors qualification so you'll be seeing more of her on the gym floor soon.
- Lastly, congratulations to over 20 of our members who recently completed the Wilmslow Half-Marathon and the Manchester 10km.

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References available. Taking bookings for July.

Master painter I learnt my trade the traditional way & it comes naturally to take pride in my work & go the extra mile for a beautiful finish...

Looking for ways to transform your kitchen, but you don't want to rip it out & start again? One solution I offer is to prepare and hand-paint your current kitchen doors & drawers (wood or laminate). A durable traditional country look for the fraction of the cost of a new kitchen!

I show up when I say I will, & most importantly, quote a fair price & stick to it.
Andrew Crookton

Bootcamp

Very few of us get to spend as much time as we'd like outdoors as most of our day-to-day activities revolve around being indoors - whether it's at home, the office or the gym! But what if you could combine getting outdoors and getting a good workout all in the space of an hour? By joining us at our **outdoor fitness sessions**, not only will you gain far more physical and mental benefits but it's also a greener way to exercise by allowing you to **keep fit and be environmentally friendly** at the same time!

We know that maintaining the **motivation** to exercise can be tough and that's why we're here to help. You will always receive individual attention from qualified personal trainers at every outdoor session.

Other Benefits:

- Increased resistance from the air and natural terrain burns more calories
- Core stability is greatly increased by working on uneven surfaces outdoors
- Being outdoors reduces stress levels and helps you feel uplifted

With the **support from your fellow exercisers**, making progress becomes a team effort whilst still allowing you to work at your own pace. And there's no need to feel intimidated by the term **bootcamp** - we are there to support, encourage and to help push you that bit further to get the results you want.

The sessions will go ahead whatever the weather, and we ensure that by always varying our exercises, drills, equipment and use of park space, You'll never get bored and will continue to progress towards your goals.

The bootcamps will be 'pay-as-you-go' which allows you the freedom to choose when you train with us. No daunting exercise machines, no fancy kit and no annual contract or tie-in- we offer you the opportunity to leave the gym behind!

So no more excuses. Whatever your level of fitness, it's time to get outside, get inspired and get motivated with **Bootcamp4All**.

Lunch on the Fly

Your perfect lunch after a midday cycle or spinning session

Go fish

These fish cakes are full of protein for your muscles to repair after the gruelling ride. There are also plenty of carbs [from the sweet potato] to help you re-stock the energy you spent in the saddle, so you're not nodding off at your desk by 4pm."

Ingredients

300g tin of tuna
1 sweet potato, mashed
1 onion, chopped
Handful of parsley, chopped
Handful of breadcrumbs
1 egg, beaten

Make it

Cook the sweet potato and onion, then break the fish up into a bowl. Add the potato, onion and parsley and mix everything together. Shape into patties, coat each with an egg mix, then dip them in breadcrumbs and fry them in a tsp of olive oil.



Class News

Spin, Burn over 500 calories on a form of stationary bike in 45 minutes! An awesome cardio workout that requires no co-ordination and can be done by beginners and experts alike.

Core Ball, Using stability balls as a base for most exercises, this is a class to challenge the deep core and abdominal muscles and to work on strengthening and flattening that tummy!

Boxercise, The best stress buster around! This class is one of the most effective forms of cross-training available today. It helps improve hand-eye co-ordination, balance and timing. Boxercise classes are always fun, energetic and addictive.

Aerotone, A class to completely transform your body! No co-ordination required, just come in, grab some weights and get going! Excellent for fat-burning and muscle toning.

Weekend Workout / F4A Friday, Chris, Matt and Carly will rotate each week to give you a fresh, new workout every time. Each Friday will be different – Spin, Boxercise, Aertone, Body Blast, Kettlebells. We'll let you know on Mondays, so keep an eye on the class noticeboard.

Pump FX, Total Body Conditioning. This class uses barbells and adjustable weights to tone, strengthen and define every muscle in your body! An effective workout for absolutely anyone!!

Modern Pilates, This gentle class is designed to work on technique such as core stability, postural alignment, control, isolation and breathing. This class is tailored towards beginners.

Body Blast, 30 minutes of Spin with 15 minutes of abs, legs and arms in the middle. Takes care of everything in one class!

Workout Wisdom

"The word aerobics comes from two Greek words: aero, meaning "ability to," and bics, meaning "withstand tremendous boredom" Dave Barry

"I joined an aerobics class for overweight men. We meet in the church basement. Well, actually we were on the first floor when we started last week." Anon



"I enjoy long walks, especially when they're taken by people who annoy me!"

Anon

Competition

Answer this question to win one of our
6 WEEK GUARANTEED RESULTS PROGRAMME:

How many sessions will you complete with one of our instructors on our 6 week guaranteed results programme?

Fill your details out and return to Fitness4All or enter via the website **f4a.co.uk**

The closing date for entries is June 30th.

Competition rules: Current members are not eligible to enter.

Prizes are not transferable and there are no cash alternatives. Fitness4All's decision is final.

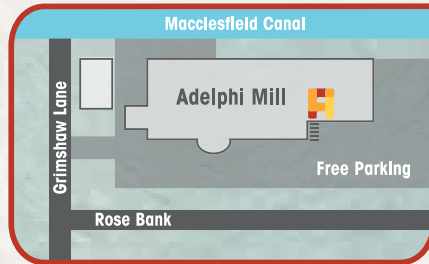
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