



Fitness4All  
your gym at the Adelphi Mill

## Fitness4All Newsletter Issue 3 – October 2009

### ARE YOU HAPPY WITH YOUR WEIGHT?

How much weight do you want to **lose**?

What is your **biggest obstacle** that stands in your way?

How would you **feel** if you lost that weight?

Do you have a pair of jeans that **do not fit** anymore?

What part of your body are you the most **frustrated** with?

What are you currently doing to make sure you reach your most important fitness **goal**?

Would you like to try our **21 day rapid fat loss** boot camp for £97?

Now, this program isn't for everyone. Its 21 days of following a great nutrition plan and coming to workouts. A lot of people aren't willing to dedicate themselves to something for that long.

That's fine, in just 21 days you'll be **9-15 pounds lighter** while they'll still be looking for something easier.

The most important part of this plan is the completely done-for-you meal plans.

Every meal plan is customized for your particular body. It includes what to eat and when to eat.

And just in case you don't like a certain food, I have substitutions for **EVERY MEAL**. (So it's really like getting 63 days worth of fat loss meal plans!)

Just remember that these plans are **PROVEN** to work, and get results fast.

Contact Reception or Chris for more details. We have **only 21 spots available** on this so hurry if you would like to take us up on this great opportunity.

### £1000 for Children in Need

Children in Need is in just over 5 weeks and we have set a target of £1000.

Keep an eye out for a new board going up in the club soon which will keep you up to date with our progress.

I will be completing a 12 hour Spin on Thursday 19<sup>th</sup> and finishing with Timmy D's Spin class at 5.45pm!

My Dad will be rowing the channel in the gym on Monday 9<sup>th</sup> November – he won't, as Rick thought, *actually* be on the seas!

Your chance to beat ex-professional Goalkeeper and newest F4A trainer Matt Towns in 'Beat the Goalie'.

There will also be much more going on throughout the month so check out the board and please, please sponsor us!

### MEMBER OF THE MONTH

Quick congratulations to Ruth Bromley who won our 1<sup>st</sup> Member of the Month competition. Ruth finished with a massive 56 points and for her Trojan efforts won a month a FREE Personal Training worth over £120!

### 11 WAYS TO LOOK AND FEEL BETTER!

1. Double the amount of **water** you drink. This will keep you from being bloated.
2. **Sleep** at least **8 hours** a night.
3. Exercise first thing in the morning and you'll feel better all day.
4. Strengthen your **core muscles** with exercises like planks and you'll stand straighter. Having good posture can take ten pounds off your waist and ten years off your looks.



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5. Cut out processed carbohydrates. I give clients a two week challenge with no alcohol and no pre-packed carbs (such as bread) and they often **lose 7 pounds** in the first week!
6. Eat every 2 to 3 hours. This will **raise your metabolism** and give you tons of **energy**.
7. Eat enough **protein**. This means at least 30% of your daily calories come from protein.
8. Stick to a proven exercise plan, don't jump from system to system. You'll make faster progress by **following a good programme** for 6 months than you will switching to something new every week.
9. Don't "Start Over On Monday." If you screw up your eating plan on Friday night, don't declare the weekend a bust. You'll just dig a deeper hole to work out of. Admit you made a mistake and **get right back on track**.
10. Drink a post-workout shake that has the right mix of fast-acting carbs and protein. Your **muscles will recover faster and you'll burn more fat**. Win-win.
11. Eat enough fat. Healthy fats will help your **hair and skin** look soooo much better. Plus they fuel your body and taste great!

### You don't need to be a sportsman to benefit from sports massage

We put our bodies under great strain in our everyday lives, usually without even thinking about it – until it's too late! Too many hours spent hunched over a computer is a common occurrence along with sat cramped up driving. It's amazing that our bodies cope at all, however, sometimes a little bit of help can speed recovery.

Did you know that **90%** of all adults experience **neck and back** pain at some point in their lives? This can often be due to poor posture and a

sedentary lifestyle. The good news is that a **sports massage** can help to **alleviate these pains** and give you renewed energy and sense of well-being.

### Benefits of massage for non-athletes

- Helps alleviate back pain
- Treats postural aches
- Reduces stress
- Enhances wellbeing
- Improves muscle tone
- Restores physically, mentally and spiritually
- Reduces depression and anxiety
- Enhances immune system

For National Massage Week our resident Sports Masseurs Sarah and David are offering **HALF PRICE SPORTS MASSAGE**. There is limited availability for this so book early to avoid disappointment – call 07825 159 351 / 267190.

### SUNBED OFFER

The **first 10** people who come to reception will be able to get a 60 minute sunbed course for only £15 – half the price!

### FREE £20 VOUCHERS

We will give you £20 of vouchers to spend at the club every time you refer a member who joins up. You can spend the vouchers on drinks, sunbeds, sports massage, beauty therapy and personal training.

Alternatively, you can opt for £20 of Marks and Spencers vouchers – the choice is yours!

Just bring down your friends and family to the club and get them started.

We are now doing **30 day trial memberships for only £9.99!**