

AUGUST NEWSLETTER 2011

1. Hot Off The Treadmill

Once again the website has a fresh video to peruse, this time some guidance on the principles of your training. Let us know what you think.

You might have spied the marker pen in the biro tub! This is for you to make your mark...on a cup – yours for your entire workout!

We are going to take a well earned rest from the gym challenge this month, well done to everyone who has worked on the challenges this year. We will be starting again in September.

Earning additional income

.Forever Living make great Aloe Vera based health, beauty and nutrition products which can be sampled at the regular product presentation nights held here. They are also offering business opportunities for people looking to start part time on a home based business. If this is of interest please speak to Jon.



1. Training Tips

Why not mix it up a little. Tom Jones might love the cross-trainer but he also likes to strut around a stage! Try rowing instead of the treadmill to challenge your body afresh. 'It's not unusual' to prefer one piece of kit and you can always vary the intensity at which you work: slow/fast/slow; L3/L5/L3 etc.

The successes of Race for Life and Boys Beating Cancer fundraising events are inspiring. Goal-setting is so important to our health and fitness that events like these, with such strong motivational roots, can be the perfect driver. Check the notice-board or check out the leaflets advertising events to see if you want to get involved. If you need help setting yourself a goal then come and talk to Jon or Karen - let's plan your progression!



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