

## NEWSLETTER JUNE 2011

### WHATS ON

Hot Off The Treadmill – Live and kicking... After intensive labour the new Progression website is delivered into cyberspace! Check out the tips and advice section which even includes video guides to help you with your training @ <http://www.progressionfitness.co.uk/>

We are currently endeavouring to launch a new Yoga class on Sunday mornings. We will be running a FREE taster class on Sunday . If you are interested in this class, please book your place on the form on the notice board.

You will notice we have installed a new water cooler in the gym which makes it much easier to fill up your water bottles. As well as being very important for hydration during your workout (especially during the summer months) it is also a positive environment issue as it reduces the amount of cups which are thrown away. I would therefore ask if you could bring a bottle along, which you can fill before your session. Thank you.



Crikey, June already?! 2011 isn't lasting for long... and speaking of furlong, Royal Ascot celebrates 300 years of racing this year. Royal Ascot will run 30 races covering a total of 57.5km (1 furlong = 0.1249miles; 1 old mile = 1.2 standard miles) The question is; can you cover this by the end of the month? Adding of course the additional champagne calorie count the occasion demands (90cals per glass)

'Forever Living Products' are the biggest growers, manufactures and distributors of Aloe Vera products on the market. The main ingredient in all their products is pure Aloe Vera, which differs from many of the other products on the market which may only contain a small amount. Aloe probably contains more natural beneficial qualities than any other plant known to man, particularly in terms on skin, digestion and immune function.

We launched the products last month and each month we will be running an introductory evening focusing on the vast product range. There is a chance to learn more about the benefits, try out samples and even book the products to take away and trial.

**Training Tips** – make your resistance training more intense without changing your weight or repetitions by slowing the exercise down to keep your muscles under tension that little bit longer. Hence working harder, great for control!

**Don't go it alone!** The camaraderie of training with others or the boost from their encouragement motivates many an exerciser, so why not you? Feel free to ask us for a guest pass and bring a friend to a workout – challenge each other...or try a class – Jon, Liz or Karen will gladly

Thank you for your support and enjoy your training.