

NOVEMBER NEWSLETTER 2011

Hot Off The Treadmill

Exciting news, Progression Fitness has now become an approved centre from Active IQ for running fitness instructor qualifications and will be starting with the level 2 gym instructor course mid January 2012.

So if you fancy a career change or know anyone who is thinking about working in the Fitness industry this is the qualification you need to get started it qualifies to work in a gym and is a pre-requisite for all the other qualifications. Please speak to Jon for more details.

The cones are off so feel free to park yourself on our NEW EQUIPMENT! A leg extension machine and a leg curl machine have been unveiled to help work the muscles at the front and back of your legs respectively. If you're unsure how to use the machines then ask Jon or Karen who will gladly give you technique pointers.

With the current gym challenge being a big one we have decided to keep it running for November so paddle on and watch out for the hippos.

Keep Fitness on your brain! with our NEW beanie hats!! Wear "Progression Fitness" with pride and keep your brain snuggly at the same time – a bargain at £10.00 – and with a choice of standard or slouch beanie it's a veritable winter wonder. Ask any instructor to



Training Tips

Training Tips – To increase muscle strength it is important to challenge yourself and your comfort zone. If you're pushing out 12reps at your current weight then the time could be to add on. Just like your aerobic fitness your body will adapt to the challenge.

When the nights draw in it's tempting to stay indoors and put off exercise to another day. Try staying one step ahead of your excuse by arranging to meet someone at the gym – or tell an instructor that you WILL be at their class! Make yourself accountable to someone and you're more likely to make that session!

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