

SEPT NEWSLETTER 2011

1. Hot Off The Treadmill

Hot Off The Treadmill – Progression Fitness is rapidly approaching its 10th anniversary! How will we mark the occasion you ask? Well, Opening Progression Fitness number 2!! We will be taking over an existing gym and studio in Andover from Oct 1st exactly 10 years from the opening day of the Newbury gym. All very exciting and a new challenge to try and replicate the atmosphere and success of the Newbury gym.

The last 10 years has disappeared so quickly and we have enjoyed every minute and had some great success stories that exercise and a healthy lifestyle can bring, we still have members training with us who have been here since the beginning and a large number who have been so consistent over the years we admire and congratulate you for your commitment and support.

New group Fit Club starts on the September 19 With the objective to lose a stone for Christmas, this is the biggest group we ever had with 20 people starting the 10 week course. We wish everyone the best of luck

What's On – The Real Ale Festival takes place once more: joy and woe in a single event.... HOW MANY CALORIES per taste!?!? A pint of ale clocks up an average of 200 calories with a pint of cider crashing in at 230 calories. Can you work off the tippers' tally this month – chart your progress

1. Training Tips

Training Tips – Remember that consistency is key; regular exercise will help you stay fit and healthy. Just making each session HAPPEN is important!

With Summer officially behind us it's good to stay one step ahead of the blues. With 1 in 4 people affected by mental health issues it's important to recognise the brain benefits of exercise. The feel-good factor of exercise is widely recognised so make the most of your FREE monthly Personal Training session and gym for your grin!!

If you would like to subscribe to our newsletter by e-mail please visit our website

Many thanks for your support..