



MEET YOUR STAFF

ALICE BUDGEN

THE YOUNGEST OF THE TEAM, ALICE HELPS OUT OVER THE WEEKEND BY KEEPING SPA BREAKS IN LINE, AND MAKING SURE THE ENTIRE JUICE BAR IS SPARKLING CLEAN.

WE WISH HER THE BEST OF LUCK WITH HER STUDIES AS WE ARE COMING IN TO MOCK EXAM TIME.

MEMBER OF THE MONTH

A TOUGH ONE THIS MONTH, BUT THERE HAVE BEEN TWO PEOPLE THAT HAVE SHONE OUT FOR MASSES OF HARD WORK

JAMES & NINA SINCLAIR

CONGRATULATIONS

Health Club Update

DECEMBER 2011 / JANUARY 2012

Whats New....

Diet....

What to eat, or what not to eat can often be the downfall of many gym users trying to lose weight, or change their body shape.



The key rule to losing weight is

“expend more than you intake”.

There are two ways to do this, either, become more active, or eat less. If your already using the gym, there are a few simple things you can do to help you get rid of those last few pounds.

Try to eat smaller meals, more regularly.

This prevents the body going into “starvation mode” and keeps your metabolism higher.



Eat “less refined” carbohydrates

Brown or wholegrain pasta, rice and bread are much better than their white alternatives. It retains more nutrients, is far less sugary, and burns slower therefore keeping that all important metabolism up for longer.

Drink more cold water

Guidelines say we need to drink 8 glasses of water per day. By drinking cold, the body has to use up to 75 calories per liter to heat it to a temperature where it can be used for reactions in the body.

Eat an earlier evening meal

By eating your dinner earlier it will give your body more opportunity to use the carbohydrates found in pasta, rice or potatoes before you sleep.

When you sleep the body will continue to use them for repair, but anything left over when you eat upon waking will be used as fats.

If you cant eat earlier, simply reduce the volume of carbohydrates you consume at an evening meal.

Try.....Personal Training

Personal training is the definitive way to get the most from your work out.

Many people only believe it is just for celebrities, or those in the public eye.



intensively than other regular gym users with a 6 week program.

By working more closely with you we can ensure your aims are being conquered, and make more informed decisions.

In reality, a session with a personal trainer will allow you to be monitored more closely and

Prices start from £25 per hour, please ask Jon for more details.

