



Spot on Fitness

Issue 2

November 2008

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Merry Christmas!

There! That's got that over and done with..... Now on to the more important issues! (Like there's anything more important than Christmas!)

Over the festive period I am planning to take a little time off to chill out and unwind, possibly spending some time with my family at the same time!

Therefore, all classes will have a break over the holiday period.

I will have some selected Personal Training slots available, however, there will be a minimum charge of £35 for these sessions.

Please see page 2 for more details on term dates for classes.

Make more of your Money!

Some sums for you:

- It can take between 4-6 sessions to cure / relieve back pain with a Chiropractor at £35 per session! That's £140 for 4 sessions!
- £140 would pay for 18 Pilates classes!
- Prevention is always better (and cheaper) than cure!

Gift Vouchers Available!



Have you run out of ideas for Christmas presents?

Why not treat your loved ones to something they might use and help them this year?

I have gift vouchers available for Personal Training sessions, Pilates classes and Sports Massages. You can either buy a gift voucher for a certain product / service, or you can give monetary vouchers for the recipient to chose how they are spent.

If you know someone who you know would benefit form a Sports Massage, but won't book one themselves, this may give them the incentive!

Personal Training News!

Firstly, welcome to my new clients—I hope you find working with me to be beneficial and “fun” and welcome back to a couple of clients who have come back to me after a bit of a break.

Also, a sad farewell to Steve & Jo, who have moved up to North Yorkshire to enjoy a slower pace of life (yeah right!).

I hope you can find another PT who will work you as hard as I did—not forgetting your posture!

I am very please to announce that every one of my regular clients has made positive progress towards their goals in the last few months—keep up the good work and you will get there in time!

Don't be disheartened by “off days”..... We all have them (some more that others) but it's how quickly you get back into things that makes the difference!

Remember: one off *day* does not mean an off *week*!



Beat the January rush and get your New Year programme BEFORE Christmas!

It may even give you the motivation to do some exercise over the holidays!

Give you body the kick start it needs to recover from the party season!

Term Dates

Term dates for all Pilates classes are as follows:

Mondays 12pm—1pm

Last Class 15th December 08

Ist Class back 5th January 09

Tuesdays 7.30pm—8.30pm & 8.30pm—9.30pm

Last Class 9th December 08

Ist Class 6th January 09

Thursdays 6pm—7pm

Last Class 18th December 08

Ist Class 8th January 09

Personal Training and Sports Massages will be available until the 19th December.

I will be off from 22nd December - 28th December.

I will have a few appointments available on the 29th, 30th and 31st December, however book early to avoid disappointment!

Sports Massage- what does it do?

The benefits of Sports Massage?

Increasing the blood flow to the soft tissue of the muscles (via massage) encourages blood flow to the area.

This promotes healing, improves circulation, lymphatic flow and the removal of

waste products and can either stimulate or sedate nerve endings.

Gentle stretching of the muscle tissue can improve performance and / or reduce pain from over stimulated or spasming muscles.

Why not give it a try?





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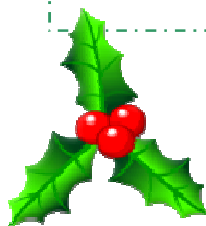
Health & Fitness for all....

INTRODUCE A FRIEND TO PILATES

**BOTH GET 1 CLASS FREE WHEN YOU BOTH
BOOK A BLOCK OF 4**

(Does not include the 1-2-1 session required for complete beginners—additional £15)

Offer expires 16/02/09



Top Tips to stay trim this Christmas

Reminder:

Please remember that anything you use in a class or in a personal training session can be ordered and bought from me at cost price.

I will be doing another big catalogue order soon - make sure you have placed any orders with me before then!

I will always tell you the best and cheapest way of purchasing any equipment needed!

Items such as Pilates head pads, resistance bands and Chi balls will help you practice at home! They also make excellent Christmas presents!



- * Eat whatever you like!! (But only eat half as much as you usually would!) Christmas is a time of celebration—don't deprive yourself or get into a binge habit. Have a **little** of everything you want. We'll work it off in January!
- * Keep active! You may not have any sessions or classes booked, but that doesn't mean you can be lazy! Go for a walk, a cycle, a swim or venture to the gym—anything that gets your heart pumping for 20mins or more.
- * Don't beat yourself up! If you put on an extra pound or two..... It's Christmas. Be sensible about things, but have fun.
- * Don't waste calories on vast amounts of alcohol. That's not to say don't drink at all—just bear in mind that 1 glass of white wine has 130 calories, 1 pint of lager has 160 calories.....