

# BODY CARE

**PERSONAL FITNESS CLUB LIMITED**

**193 High Road Benfleet Essex**

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## Club Member Newsletter

December 2009



**Thank you very much for supporting your club in 2009!** As a club we have had a great year helping to get you in shape and to achieve your health & fitness goals. 2009 has seen you get involved in some individual challenges and of course you have all played a part in supporting our Bodycare Club challenges - **your commitment and enthusiasm is inspiring** and we look forward to your endeavours during 2010. We will of course be dreaming up some tough Club challenges for the New Year so not too much turkey!!! We have also had a number of successful Club Open Weeks, which you have supported by introducing your friends and family to the club so thank you for helping us to help you get your nearest and dearest in shape! During 2010 we plan to keep one step ahead and to continue to provide you with an exercise environment which you find motivating, challenging and all importantly enjoyable. Bodycare is a unique place and it is largely thanks to our members helping to create a great atmosphere that everybody feels welcome and motivated to achieve their results - no matter what age, shape or ability, so thanks again. We can't wait to get going in the new year and it wouldn't be any fun without you so even if your routine has been a bit slack during the run up to Christmas make sure to get "back on it" in early January!!!!

**January is a great time for setting goals for the year ahead - do more next year than just think about achieving them - we are here to help keep you motivated and are full of ideas to keep you heading in the right direction. So, set yourself some targets, however big or small & go for it, if you want to achieve your desired results you can!!!!**



Have you got your **FREE** BodyCare Christmas Gift card?? Want a simple "friendly" way to introduce someone to the club with a bit of added Christmas cheer?? Get yours **NOW!!!**

### PREMIER PRIZE WINNER.....

Congratulations to Julia Wright, this years winner of the Premier Prize - a weekend for two to New York City!!!! Each year this prize is awarded to one lucky member who has introduced other people to the club during the course of the year. Julia introduced four people to the club, who have benefitted massively from being members and who now enjoy a much fitter, healthier lifestyle thanks to Julia - now it's Julia's turn to be rewarded!! If you like to be in with a chance of winning next years Premier Prize all you have to do is start introducing your friends and family!!!



### The Bodycare Winter Ball 2009

A great night was had by all, as always you pulled out all the stops and looked fabulous in your frocks & DJ's! The evening was thoroughly enjoyed by all with lots of drinking, dancing and general merriment. The dance floor was packed from start to finish (we all commend Reg for doing so well on the evening - without his wife on vocals he had to work doubly hard but did so with ease). Thank you so much for supporting our Havens Charity Raffle - through your generosity we raised £1000.00 in about 5 minutes flat. If you missed out this year remember to reserve your place early for 2010!

# food for thought...



Remember - there are approx. 8 teaspoons of sugar in a glass of wine!

Going skiing? Fitness is essential in helping you to get more from your trip. Core strength, cardiovascular fitness and good recovery are crucial components. Let us know if you're going and we'll tailor your workouts to help you get in peak condition!



During the festive season the average amount of weight gained by an individual is 7lbs!!! That's about 25,000 extra calories - that's a lot of booze and even more mince pies!!! Enjoy a few extra treats but don't go crazy - it's a lot harder to lose 7lbs than it is to gain it!!!



Want to lose a few pounds you put on over Christmas??? Don't panic - a very simple tip is to cut out the snacks and treats we allowed ourselves during "silly season". Throw out left over chocolates, crisps & nibbles. It's not wasteful - it's sensible. If you do feel guilty, learn from it...buy less next year!!!! For help to achieve your weight loss goals....

**GET INVOLVED IN OUR HEALTHY EATING PROGRAMME!!!**

People who exercise on a regular basis not only lose weight more effectively, but are more successful at keeping it off - the significance of regular exercise goes beyond the physical benefits. *Regular exercise produces a mental attitude of self-care and self-esteem that bolsters confidence and the desire to continue to improve.* Regular physical activity is what our bodies are designed for - we need to move and it's a great way to reduce stress. The health benefits of regular exercise are significant and include reduced risk of heart disease, stroke, diabetes and osteoporosis.

## 2009 BIG ACHIEVEMENTS

We'd just like to say a massive WELL DONE to.....

All of you who joined the club - it's a big step and you have already achieved a better level of fitness and improved your health and well-being. Take on the challenge to keep going through 2010 and you'll keep on improving!!!

A great many of you who got involved in our Healthy Eating Programme - you have between you lost over 50 stone this year!!!!  
That's over 700lbs of body fat!!!  
**AMAZING!!** Let's do aim to do even better in 2010.....

Those of you who continue to give it 110%. Your commitment and enthusiasm is infectious and makes our jobs so very rewarding. We're proud of you and so should you be.

A huge thank to all of our members for supporting our numerous charity fundraising events through the year - your kindness and generosity is fantastic.

Congratulations to all of you who kept up with regular workouts through the year. We know it's hard to stay motivated, especially after a holiday or when the kids are off of school or you've been unwell. Well done all you who came to your session, even though you might have thought about staying in bed, being too tired after work or suffering from lazy-i -tus. We always notice that you're here (or not!!!).....You deserve a pat on the back! Keep making time for yourself - it's a vital part of your well-being & lifestyle!

Bodycare will be closed for the Christmas Holidays from 12 noon on Christmas Eve until Monday 4th January 2010. We'd like to take this opportunity to wish our members a very Merry Christmas and a Fit & Healthy New Year. We look forward to seeing you at Bodycare early in the New Year!!!