

# BODY CARE

**PERSONAL FITNESS CLUB LIMITED**

**193 High Road Benfleet Essex**

**Tel 01268 758181**

## Club Member Newsletter

### May 2010



It looks like spring/summer has finally arrived - time to strip off and reveal those fit, toned bodies you've all been working so hard for during the winter months!! You've done a brilliant job of staying motivated through the long winter months and the club has enjoyed it's usual buzzing atmosphere with many of you taking giant steps towards achieving your health and fitness goals. Often not enough is said about all the hard work and commitment it takes to maintain a great fitness level so we'd also like to congratulate those of you who come and train week in week out - we are truly proud of you, you've accepted exercise as an important part of your lives and will enjoy the many benefits throughout every aspect of your life.

### CLUB OPEN WEEK

Thank you for supporting our recent **Club Open Week**, it was a really successful week and it's good to have an opportunity for us all to open the doors of our club and welcome new members, especially those who might be a bit nervous or think that it's not for them. As always we're here to show people that we are a club with members of all shapes and sizes, ages and abilities. Good health and fitness is not exclusive to the young and super-slim - we are a local club for "real" local people. Open week is also a celebration of our club and of your success' as members - what you achieve here at Bodycare is living proof of it's success - we couldn't do it without you!!! We all know that Bodycare is different and unique and that we really believe in what we do .

Those of you who introduced someone to Bodycare during the course of Open Week have received a bottle of champagne as our our way of saying thank you. As always, once you introduce someone to the club, you are automatically entered into the prize draw to **win a trip for two to New York**. Our Premier Member scheme runs throughout the year so if there's anyone you might like to introduce to the club, be it a friend, relative or work colleague we are here to help them start achieving their results!! So, no need to wait until the next open week, get introducing now!!!

**TIME TO EXERCISE.....**

Here's the most important appointment you have all day – the appointment with **YOURSELF**. Your training time. More important than your work, your kids, your partner, because by looking after yourself you can be more productive, live longer and be happier so that you can support these people for longer. You will be able to offer a **BETTER VERSION OF YOURSELF**. **DON'T** sacrifice your health for your children or your partner or your work. Make sure the time you put aside is realistic and achievable. Then stick to it.

**MOTIVATION TIP...  
WHEN THOUGHT BECOMES  
ACTION SUCCESS IS  
ATTAINABLE**

A date for your diary.....



**The Bodycare  
Winter Ball 2010**

This years Winter Ball will be held on **Saturday 20th November**....seems a long way off but it'll be here before you know it!

## food for thought...



Like it or not but what we choose to eat ultimately comes down to us.... Take responsibility for yourself & make conscious choices for your overall health & well-being

### low self esteem?

The idle chatter & circular thoughts that go through our minds are more powerful than most of us realise. Our subconscious mind acts as a sponge, soaking up the messages we tell ourselves – and like anything else, the more frequently we repeat the messages the more powerful they become. Negative thoughts beget more negative thoughts. "You always mess things up... Nothing ever goes right for me... I knew it was too good to be true..." Sound familiar? If so, you've fallen into the trap of self sabotage through negative thinking. Decide on a positive message & next time a negative one pops in your head say the new message to yourself. Keep doing it until it becomes a **habit**.

Do you find barriers (or blame other people) for stopping you reaching your goals? It's time to take a long hard look and ask yourself whether, deep down, you'd rather find an excuse than try and (potentially) fail. The **secret to self esteem** is to put the power (and responsibility) for your life back with you – rather than focusing on outside factors. Taking a positive step (no matter how small) in the right direction will give you **confidence** to take the next and the next.

If you find yourself constantly comparing yourself to others, whether a sibling, friend or partner, you could be chipping away at your self esteem without realising it. Very few people are lucky enough to have a life they are 100% happy with - anyone who says that things are perfect all of the time is a liar! Spending time thinking about what (you perceive) others to have uses up mental energy you could be putting to good use working on yourself. Say 'thank you' next time someone pays you a compliment. That doesn't mean saying thank you and then running yourself down in the next breath! Deliberately spend time remembering the compliments you have been given & things that have gone well.

Mentally run through everything you have to be grateful for.

Focus on what **YOU WANT**, make a plan and go for it, you're the only one holding you back!!!! Finally, remember to **celebrate your achievements!**

### YOU CAN'T BE 100% MOTIVATED ALL THE TIME

While it's great to have specific goals to keep you inspired, we believe the endless quest for motivation can wind up being the down fall for some, or should we say the excuse. "Well, I'm not motivated, so I just can't exercise!" Mmmmm, there's a bit of the victim mentality' being wheeled out here. "But it's not my fault! I'm just not motivated!!" Now I get to blame something which means that it's not my fault and therefore not my responsibility. Whoa!!!

**STOP!**

What we're saying here is that don't let not being motivated at some point in your life stop you from looking after yourself. You're the one in the driver's seat, set some goals here and there, but more importantly, be consistent.

### 2010 BIG ACHIEVEMENTS

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

**Jake Wiffen** - after 5 months of training - has seen a huge improvement in fitness and shown real commitment. To quote "I feel the best I've ever felt!"

**Darren Mansfield**...never misses an appointment, gives everything he's got to each training session and is has achieved the kind of results we dream of!!!

**Bill & Jan Morgan**, both of whom train regularly giving it 100% - the days of struggling with 12 twist cycles feels like a lifetime away!! Great fitness levels & weight management...you continue to improve and go from strength to strength

**Congratulations to all of you who set your minds to losing weight in 2010! Some notable mentions must go to... Nicolette O'Dea, Mark Merry, Jo Pyman, Tony Terris, Sarah Shoebridge, Asif Ghauri, Pam Chlopas, Jeff Collins, Rupa, Sam Atkin, Ray Franklin and Alan Kemp....**