



**Body Solutions**  
- Making Training Hard, Easy!

# Body Press

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## The Jelly Effect!

**B**ody Solutions is really excited to be mentioned in a fabulous new book written by Andy Bounds. Andy has been a very special client here, having started his training with us weighing 20 stone. He has leaned down to under 14 stone in two years, making radical changes to his diet and training hard with Body Solutions every week. Andy's book will show you what to say to ensure your business grows faster than ever before. The book's been described by BNI's Founder Dr Ivan Misner as "The most effective, original and insightful book on business communication that I have ever read". Copies of the book can be seen on display at Body Solutions HQ, but we recommend buying your own!



### IRONMAN DOES HELSBY HALF MARATHON

Congratulations to our very own Tim Barrett, who not only smashed his Ironman Triathlon time last year by an hour to complete the gruelling course of 112 miles on the bike, 2.5 miles swimming and then running a marathon in 12 ½ hours, he nipped round the Helsby Half Marathon course in just 1 hour and 24 minutes. With over 1700 competitors, Tim was pleased to come in number 106!!



### Liverpool Half Marathon

Good luck to everyone putting in the training for this month's Liverpool half Marathon. Body Solutions is pleased to see 10 people entering this year's race, from experienced runners to some new feet on the block!

## A taste of Thailand

Gill Peel, recently featured in Envy Magazine, practices Thai Yoga Massage at Body Solutions. She trained in Thailand with Masters Chaiyu and Chongkol Settakorn and returned to the UK to practice the dynamic techniques, which are highly effective for muscle strains, backache, headaches, stress management and much more! Gill also offers the gentler Shiatsu massage, which works along the meridians of the body to treat physical and emotional conditions such as digestive disorders, insomnia, depression, arthritis and low energy. Gill is offering a 90 minute taster treatment for £30. Worth every penny!



## Recommend a friend

If you have any friends, family or colleagues whom you think might benefit from some personal training, we will be pleased to give you free session by way of a thank you! Get two people in and we will give you 3 sessions!

## BITE SIZE

### Do this!

Busy lives can induce stress. It can hide in many forms, some of which you don't become aware of until it is too late. So called coping mechanisms or exercises are all well and good in theory but after a heated argument, receiving some bad news, or a horrific week at work it can be only too easy to store the anxiety you feel. This is not good for you mentally or physiologically, so what you are going to do? Exercise! It may be the last thing that springs to mind way down list (behind maiming, burning and feeding to wild pigs) but trust me it works. The stress or anger that you have inside can easily be channelled into another set, another mile or that sprint finish. Or, why not book in for a boxing session with Paul - fantastic cardio and you get to hit something without consequence. You are using a negative to create a positive. So, in short when you feel like killing, get down to the gym and we will make you feel like dying!

### Don't do this

This time of year can be riddled with infection. Coughs, colds, viruses and the most deadly of all - man flu! When you feel stressed or unwell it is important to be realistic; if you can't breathe you can't exercise! But if you can breathe and just have a bit of a sniffle, exercise can be beneficial. It increases the transportation of oxygen around the body which in turn speeds up the recovery process and stops you from feeling sorry for yourself (harsh but true). Let your trainer know of if you feel unwell and the session can be tamed using adaptations or alternatives. (If Tim is your trainer, then tell him, I can't promise it will make any difference but still tell him. At least he will have something to pass on to the ambulance crew!)

### Eat this

Echinacea not a martial art but a plant that boosts your immune system and stops you from catching the weekly office flu bug! Vitamin C and Zinc also help fight off colds (not strong enough to fight off man flu though!).

Almonds. According to a recent study eating 28g of almonds a day for eight weeks can drop your bad cholesterol by 30%. This combined with a balanced healthy diet and exercise should mean that you can soon kick those statins into touch. For those of you who need a 'little of what you fancy' don't forget we stock a full range of nutritious maxi muscle chocolate bars and supplements designed with your goals in mind. It's not as attractive as a truck load of Dairy milk but neither is a pound on the scales!

### Look at this

Why not check out some of the literature and free down loads at [www.maximuscle.com](http://www.maximuscle.com) they include a calorie counter for weight loss and gain and fantastic training tips.

If you want cheap vitamins, glucosamine or Echinacea, why not have a look at [www.vitsdirect.com](http://www.vitsdirect.com). Fantastic products at low prices delivered to your door ( or if you are at work all day, why not have them delivered to 92 Banks Road, West Kirby CH48 0RE and pick them up when you are next in).

Want to accurately plan the next running route starting at your front door? Then have a look at [www.london-marathon.co.uk](http://www.london-marathon.co.uk) click on the route planner link on the left hand side. By entering your post code you can start and finish where you want, have a GPS accurate distance and a printed hard copy to stick on the fridge, to keep you out!



Keep smiling! The mornings are getting lighter!

