



Body Solutions
- Making Training Hard, Easy!

Body Press

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COMMANDO CHALLENGE

Congratulations to everyone who took part in the Commando Challenge on October 15th. We are proud to announce that we raised over £3660 for the Cleft Lip & Palate Association (CLAPA), got a few bumps and bruises and had a very wet, muddy & cold run back to base! Photos are up in the gym and on the website. Join us next year for more muddy fun!



Free Personal Training!

Get fit this winter with our new special offer! One weeks free training when you purchase 10 sessions. That's 12 sessions for the price of 10!
(This offer is valid on any 10 sessions purchased before 23rd December.)

FREE!

Body Solutions Open Day

Join us for a drink on our Open Day on Saturday 16th December 2006. The gym will be open all day, so please pop in with friends and family at any time. We will have demonstrations, taster sessions and free drinks!! We also like to put all our clients names in a hat and one lucky winner will be treated to 10 free training sessions!

Pilates

Mair Kennedy teaches Pilates every Wednesday at 11am. It is ideal for those starting back to exercise after a long break or injury or for keeping trained muscles well toned. If you suffer from back problems, are pregnant, or if you sit for long hours at a desk or suffer with stress and want to strengthen core stability muscles and improve your posture, then Pilates is for you!

Sports Massage

Dave Thomas joins the team as our resident Sports Therapist. He is a member of the Sports Massage Association, working to the high standards set out by them. Dave himself is a keen cyclist and appreciates the need for pre & post event treatment. He has worked at various sporting events, most recently the National Track Cycling Championships and Tranmere Rovers Football club. He has also provided massage for Olympian & Paralympian athletes. Appointments available on Tuesdays.



Congratulations to Diana Matthews for completing her first ever running event, Liverpool 10K in October. She worked exceptionally hard to prepare for it and we are all very proud of her efforts!



Congratulations also to our very own Paul, who recently won his first (but not last!) fight of the season.



Gift Vouchers are available for all treatments.

Holistic Therapies

New to Body Solutions are Holistic Massage, Reflexology, Reiki, Hopi Ear Candling and Beauty Therapy.

Jane Orrell offers therapeutic body massage utilising a number of different techniques from a variety of traditions such as Japanese acupressure, Swedish & remedial massage, intuitive healing touch, stretches and general muscle manipulation. She has some special winter warmer offers on, including a Muscle Meltdown Warm Oil Massage.

Jane Marsden, Sole to Soul Holistics, is a reflexologist IHM and reiki practitioner. She even offers 'Dip Your Toe' and 'Go a Head' parties where you and a group of friends can sample reflexology or Indian Head Massage.

We are also pleased to now host Beauty by Rachel on Fridays & Saturdays.

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!

Start running! If you have never run before, there is no better time to start than the winter.

When the nights are dark it easy to get drawn into an inactive state, running will boost your endorphine production (feel good hormones) and running in cold weather stops you over heating and feeling uncomfortable (often the case when people start running in the summer months). Watch this space for Body Solutions running club coming soon.

Don't do that!

It is only too easy to let your water intake drop off during the winter months, but remember your body still requires lots of fluid to keep you healthy and perform its daily functions. Now for the 'rocket science'. To work out how much water your body needs simply halve your body weight in pounds. This is the number of fluid ounces that you need (35 fluid ounces equals 1 litre). Anyway, with all this running you are going to be doing, make sure you keep topped up!

Eat this!

Christmas is coming, are you getting fat? That will be the comfort food, causing all of that! No one is a diet angel all the time; the key is keeping your blood sugar constant so that at nine pm your love affair with the biscuit tin doesn't begin. Try this 30 mins prior to training: two slices of dry malt loaf (full of carbs, low fat and easy to digest) and then immediately after training (within 20 mins) eat two fig rolls to aid recovery. High GI food replaces carbs quickly and the natural fructose will level out your blood sugar. (I said two, not three, four, five with a litre of tea!)

Look at this!

Like Billy Connelly said 'there is no such thing as bad weather only inappropriate clothing!' Don't get caught with your pants down, personal shopping and equipment advice

www.runnerssports.co.uk
Or if you are a kit monster and know what you like, try www.wiggle.co.uk
Enjoy!

