



Welcome to first issue of "The Exercise Club" Newsletter. As usual we have a lot going on so lots of great things to tell you!

As usual if you have any comments, feedback or ideas for future issues we would love hearing from you so please don't be shy! Thank you for reading.

MEET THE STAFF

Our first member of staff to go under the spotlight is Connie



CONNIE ROLLIN



Name: *Connie Rollin*

Occupation:
Gym Instructor/Personal Trainer

How long have you worked at the Exercise Club ?
Two and a bit years

Favourite Food: *Banana*

Favourite Film/TV Programme ?
Eastenders

Favourite Music ? *I like all types of music*

Drink of Choice ? *Lucozade*



Favourite Football Team ?
I will stick to my home team, Bristol City!

Hobbies and Interests ?
Shopping and shopping and more shopping!

If you were not working at the Exercise Club what would you be doing ?
I'd be a millionaire, tanning it up in Monaco sipping champagne (oh wait, waiter!)

This will select fat as the fuel source assuming the exercise is sufficiently difficult to be brought to a conclusion in less than one hundred and twenty seconds. We have found that this is much simpler to achieve using resistance (weights) than anything else. That's not to say that jogging, for example, is pointless, because it's not.

But in the context of a twelve week Fatloss course it will be counter-productive, as it would interfere with the development required for Fatloss.



12 Week Body Specific Programme

For just **£99** we can help you change your body with our **12 week Body Specific Programme**.

With weekly personal coaching sessions and monthly reviews and measurements, the programme combines

good nutrition, guidance, and a **High Intensity Training** workout to achieve great results for you.



BODY SPECIFIC PROGRAMME



The Body Specific Programme is "body specific". It is about body shape change. Not just weight loss, but Fatloss; or the promoting of discriminate weight loss.

This Summertime programme has been running since 2008. Recently there has been some media coverage relating to short time, high intensity exercise being very effective. This was not news to us. If you want to selectively burn fat then this is the programme for you.

Further, we discovered that those who insist on adding aerobic exercise to their programme (presumably in the hope that it will "burn more calories") achieve a lesser average change in body shape than those who focus purely on High Intensity Training. This means that 3-4 inches change over three measurements tends to be achieved with three fifteen minute workouts each week- which sounds a bit like one of those "too good to be true" claims. It isn't.

Subjects have to work hard, and concentrate. This is why you have six personal coaching sessions, so we can start you at a level which is appropriate for you and progress you to fat burning as quickly as possible.

How does it work?

Whether exercise burns fat or not depends on how hard you work. If the exercise is easy (for example jogging) then oxygen, muscle protein and fat will be the fuel sources.

Exercise that can be continued for more than one hundred and twenty seconds is considered aerobic.

Exercise which is more difficult (for example sprinting up a steep hill) is considered anaerobic.

If you are interested, call in and make sure you get this special introductory price.

OTHER CLASSES AT THE EXERCISE CLUB

Kids Kung Fu Club

Learning kung fu is an excellent way for children to develop discipline and self confidence. It also improves fitness, coordination and mental focus. Classes are specifically geared to children (aged 7-14) and run in a safe environment by a fully qualified instructor/primary school teacher. Typical sessions include warm ups, kung fu skills, games and forms.

For more information, please come along to our free open day session on **Saturday 21 February 2015, from 1pm to 2pm!**

To book a place for your child, please contact Sifu Kee on **07969 426 514** or email citygongfu@gmail.com

Find out more at citygongfu.com or join us on Facebook.

Wing Chun - £6 per session. Wing Chun is a practical system which uses straight-line principles, controlled redirection and short range power for the purpose of self defence. Training focuses on developing contact sensitivity, fast reflexes and whole body coordination. Sessions are held in an informal and friendly atmosphere. Typical classes will include warm ups, stepping drills, striking exercises, applied techniques, forms and chi sau (sticking hands). Regular gym wear is all you need. Times: Wednesdays from 6:30pm to 8:00pm

Pilates We offer two classes Times:

Monday 2-3pm with **Bethan Handy**

This class has been running for over a year, there are a couple of spaces currently please call to book yours. 10 sessions £70

Friday 10.30-11.30am with **Karen Brown**

Karen has been an exercise club member for many years, She teaches "Body Control" pilates. Ten sessions £70.

BODY BLAST



BODY BLAST at the exercise club is a 45 minute full body circuit class, targeting all muscle groups and suitable for all abilities.

With a mixture of bodyweight, strength and cardio-vascular exercises to boost your metabolism.

£3 per session pay as you go, booking is advisable as all three classes are usually full.

Times: Monday 6.15pm, Tuesday 7.15pm, Thursday 7.30pm

Speak to Connie or Dan for more details



TAI CHI CHUAN



T'ai chi ch'uan or tàijíquán, often shortened to t'ai chi, taiji or tai chi in English usage, is an internal Chinese martial art practised for both its defense training and its health benefits. It is also typically practised for a variety of other personal reasons: its hard and soft martial art technique, demonstration competitions, and longevity. As a result, a multitude of training forms exist, both traditional and modern, which correspond to those aims. Some of t'ai chi ch'uan's training forms are especially known for being practiced with relatively slow movement.

Some Words on T'ai Chi

Originates from Taoism

"Tao" means the way, the path

CHI means vital energy

TAI means great

The T'AI CHI TU symbol shows equal - Yang/Light Yin/Dark

Founder of T'ai Chi Chuan was Lu Chuan Yang 1799 - 1872



Yang Lu-ch'an's family was a poor farming/worker class from Hebei Province, Guangping Prefecture, Yongnian County. Yang would follow his father in planting the fields and, as a teenager, held temporary jobs. One period of temporary work was spent doing odd jobs at the Tai He Tang Chinese pharmacy.

One day Yang reportedly witnessed one of the partners of the pharmacy utilizing a style of martial art that he had never before seen to easily subdue a group of would-be thieves. Because of this, Yang requested to study with the pharmacy's owner, Chen De Hu.

After mastering the martial art, Yang Lu-ch'an was subsequently given permission by his teacher to go to Beijing and teach his own students, including Wu Yu-hsiang and his brothers, who were officials in the Imperial Qing dynasty bureaucracy. This was the beginning of the spread of Taijiquan from the family art of a small village in central China to an international phenomenon. Due to his influence and the number of teachers he trained, including his own descendants, Yang is directly acknowledged by 4 of the 5 Taijiquan families as having transmitted the art to them.



213 Whiteladies Rd, Clifton, Bristol, BS8 2XS
0117 973 9787



BODY BLAST

- Monday evenings at 6.15pm
- Tuesday evenings at 7.15pm
- Thursday evenings at 7.30pm

- £3 pay as you go
- Fun, adaptable exercises for all levels.
- Beginners/intermediates/advanced all welcome
- Easy to follow high intensity circuit class.

BODY BLAST at the Exercise Club is a 45 minute full body circuit class, targeting all muscle groups suitable for all abilities. With a mixture of bodyweight, strength and cardiovascular exercises to boost your metabolism.

Call either DAN on 07455837783
or CONNIE on 07818005861



Tai Chi

with Alex

£90 for a block of 12 x 60 minute classes

Short from Tai Chi ("Yang Style")

Incorporating;

Stretching For Relaxation

Breathing For Healing Energy

Muscle Strengthening

Tan Tien Energy Routes



CURRENT OFFERS



6 Week
Taster Course

£49

After 6 Weeks -

Standard Membership
£35.00 Per Month

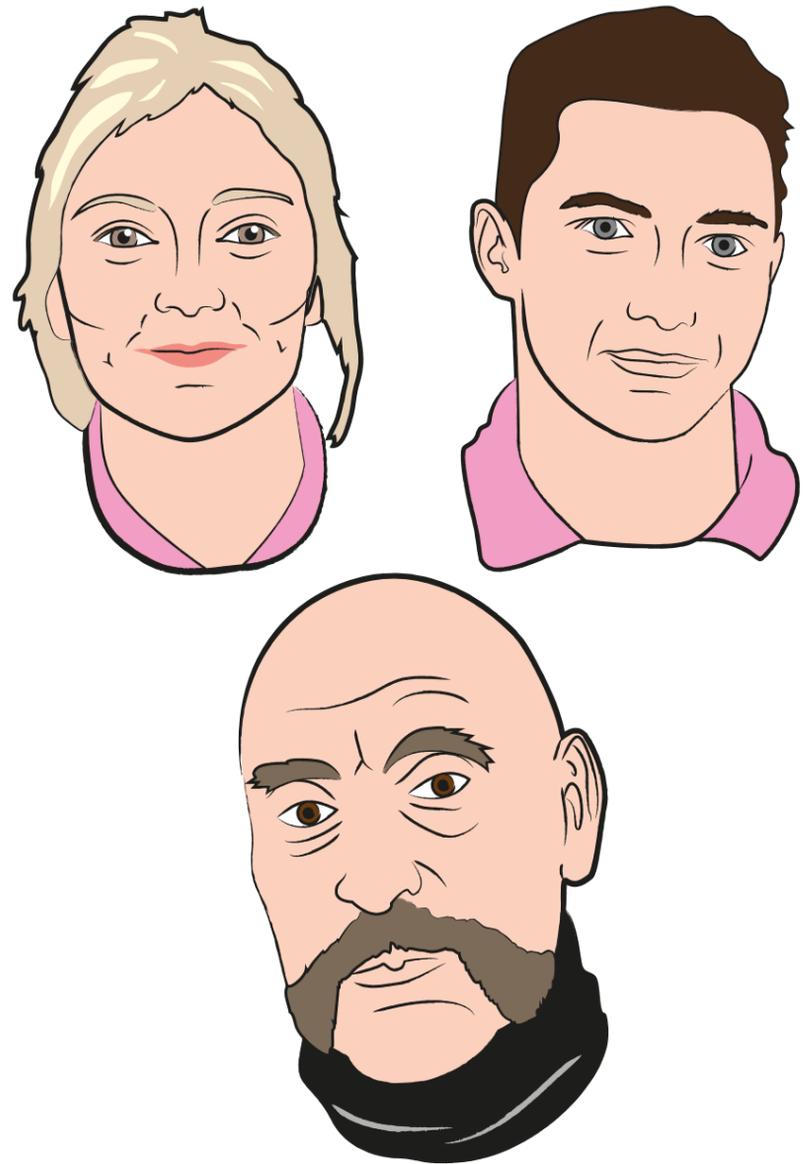
Annual Membership
£385.00 Per Year (1 Month Free)

Senior Citizens Annual Membership
£335.00 Per Year

Student Membership

£30.00	-	1 Month
£55.00	-	2 Months
£80.00	-	3 Months

THE USUAL SUSPECTS



COMPETITION TIME

Enter the Competition, give us some feedback in what you would like to see in future newsletters and you will be entered into the prize draw to win a bottle of wine!

NUMBER CHALLENGE

											Your Answer
	75	x16	75% of it	7/5 of it	5% of it	x9	+3	1/6 of it	x20	75% of it	

QUICK QUIZ

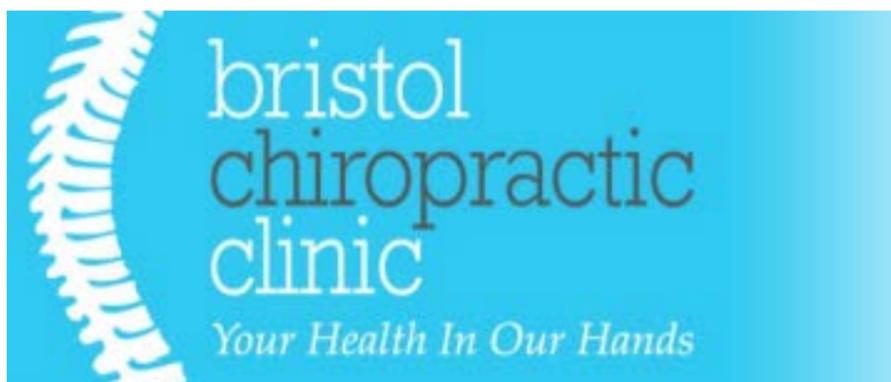
1. What name is given to a mid-morning meal combining breakfast and lunch ?
2. Which Scottish comedy duo, popular in the Eighties, had the catchphrase 'Fan-Dabi-Dozi!' ?
3. Who sang excerpts from her hit 'I Kissed a Girl' with Lenny Kravitz after making her entrance to the Super Bowl half-time show on a giant golden tiger ?
4. The Mojave Desert is predominately in which U.S. state ?
5. Which large African mammal's name comes from the ancient Greek for river horse ?

Name:

Comments:

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Welcome to Bristol Chiropractic Clinic page. As usual we have a lot going on so lots of great things to tell you!

As usual if you have any comments or feedback we love hearing from you so please don't be shy! Thank you for reading.

Deep Tissue and Sports Massage

Did you know that massage is regarded as one of the earliest forms of physical therapy? It was used by a variety of different cultures over 3000 years ago, and is still regarded as a widely popular form of pain relief today.

The benefits of deep tissue massage can be highly effective and invaluable in the healing process, especially when you're suffering from a reoccurring injury.

Some of the benefits of deep tissue massage are;

- Release muscle tension
- Increase blood circulation
- Increased body motion
- Improved body posture
- Improve emotional care

So, if you believe that you can benefit from deep tissue massage do not hesitate to get in touch to find out how we can help.



Electro Acupuncture

We are happy to announce electro acupuncture treatments are now available at Bristol Chiropractic Clinic. Electro acupuncture is similar to traditional acupuncture in that the same points are stimulated during treatment. As with

traditional acupuncture, needles are inserted on specific points along the body. The needles are then attached to a device that generates continuous electric pulses using small clips. These devices are used to adjust the frequency and intensity of the impulse being delivered, depending on the condition being treated. Electro acupuncture uses two needles at time so that the impulses can pass from one needle to the other. Several pairs of needles can be stimulated simultaneously, for no more than 30 minutes at a time.



Electro acupuncture augments standard acupuncture and can be useful in the treatment of chronic low back pain, knee osteoarthritis and headaches.

Electro acupuncture is offered as a stand alone treatment or combined with your usual chiropractic care.

Rehabilitation Exercise Programs

Do you have trouble doing your prescribed exercises?

Did you know that following an exercise program will decrease the risk of a recurrence of your injury?

Bristol Chiropractic Clinic now offers one to one exercise programs in Clifton and Fishponds.

You have the option of purchasing either two or eight session packages at either £80 or £300.



Call 01172140785 to book.

Western Medical Acupuncture

We are pleased to be able to offer Western Medical Acupuncture as a stand alone treatment or combined with your usual chiropractic care.

This type of acupuncture incorporates evidence based interpretation of traditional Acupuncture. During a session acupuncture needles are inserted locally into the problematic tissues, or alternatively into selected points along the body that are directly connected with the patient's present condition. Each session usually lasts up to half an hour and is well-tolerated. Most patients usually experience no pain at all, both at the time of needling or during the treatment, while some may have a slightly itching feeling at the insertion point. Most conditions are usually improved within 6-8 sessions; however; there are cases when improvement comes after the first 2 or 3 sessions.

There is evidence that this treatment is useful to treat headaches, chronic low back pain, TMD (jaw dysfunction), knee osteoarthritis, nausea and overactive bladder syndrome.



The Clam Exercise: Exercise of the Month

- While lying on your side, keep both knees bent and flex the hips to 30 degrees.
- While keeping your heels touching and pelvis still, open your knees by contracting your glute medius. This is a very slow, small and targeted movement.
- Place your hand on your gluteus medius (just below and behind your hip) to ensure that it is firing during the movement.
- Repeat the movement slowly 10 to 15 times and switch sides.

