



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

If you have any comments, feedback or ideas for future issues we would love to hear from you, so please don't be shy! Thank you for reading.

MEET THE STAFF

Our second member of staff to go under the spotlight is Alex.



ALEX DODD
AZ#1117



Name: Alex Dodd

Occupation:

Gym Instructor

How long have you worked at the Exercise Club ?

Ten Years (Tempus Fugit)

Favourite Food: *Loads I Love it all even Tripe and Onions (MmmmYummy)*

Favourite TV Programme ?

None in particular Wild life, Documentaries, Sport (Mr Interesting eh ?)

Favourite Music ?

Ska ..Two Tone..Reggae..and a bit of culture now and again(Not too much mind)

Drink of Choice ?

Good Beer and a Glass of good Red (I have a theory about lager drinkers).

Favourite Football Team ?

Liverpool of course (man and boy)

Hobbies and Interests ?

Sport ...Cycling...Tai Chi...Trying to learn French (OooH La La Froggy)

If you were not working at the Exercise Club what would you be doing ?

Looking after Grand Children ..Travelling (No, not selling Lucky heather or Pegs)

CLASS TIMETABLE

Body Blast

(With Connie and Dan)

Fun, intense full- body workout. It suits all ages and abilities because each exercise is performed for two minutes. So, for example, someone might manage ten press-ups and someone else twenty-six. Either way we stop after two minutes and move on to a different exercise.

Two instructors take the class. If you're really fit and strong you might need only a little encouragement. If you are new to or returning to exercise after a break, then there is plenty of support on hand. This circuit class is as hard as you want it to be, and it's taught with a smile and without the booming music normally associated with classes like this.

About The Teachers

Connie and Dan have both worked at The Exercise Club since January 2013. Connie is a level 3 Personal trainer and Dan a level two, working on his level 3 now. They now have years of experience of working with all different types, ages, shapes and sizes in the gym, which they bring to their circuits class.

£3 per session pay as you go - book at reception or call Connie on **07818005861** or Dan on **07455837783**

Monday 6.30-7.15, Tuesday 7.15-8.00, Thursday 7.30-8.15

Tai Chi

Tranquillity of mind, harmony of motion.

T'ai Chi is a path to releasing the unhelpful patterns which shape the way we perceive and act within the world. It is a way of returning to our centre, of living more sincerely with a peaceful heart. T'ai Chi is a practice which enriches us by bringing awareness and freshness to each moment, and it can do much to enrich this world.

About the Teacher

Alex has worked at the gym as an instructor since 2003. His interest in Tai Chi dates back many years, culminating in the decision to take a class which began in 2012. He has an amazing awareness of the body which shows in his teachings.

£90 for twelve tickets - use as you like (so you don't lose out if you miss a week)

Tuesdays 6.30pm

Children's Kung-fu

With Chuin kee, city gongfu instructor

Wing Chun gongfu contains three boxing forms, two weapon forms and a wooden dummy form. These are taught progressively through regular training. The core principles of Wing Chun can be summarised as: using efficiency of motion, maintaining relaxation, attacking while defending and employing optimum angles so as to avoid force against force.

Chuिन has practised Wing Chun since 2004, qualifying as an instructor in 2010.

Saturdays 1-2pm

Contact Sifu Kee on **07969 426514** or citygongfu@gmail.com for more details

Competition
Winner From
Issue 2 is
Carole Byrne
Congratulations!
The goodie bag is
on its way to you



Thai Boxing

A combat sport of Thailand that uses stand-up striking along with various clinching techniques. This physical and mental discipline which includes combat on shins is known as "the art of eight limbs" because it is characterized by the combined use of fists, elbows, knees, shins, being associated with a good physical preparation that makes a full-contact fighter very efficient.

£25 for a six week course

Thursdays 6.15-7.30 with Sam Lewis

contact slewis96@hotmail.co.uk to book or for more info

Pedal yourself Pink

Group cycling, but without the loud music and shouting. And it's done on proper pink bikes refurbished by our own instructors. The class will be a fun- filled interval training workout, which is short and intense, but suitable for all levels as the bikes can be adjusted for absolutely anyone.

The 30 minutes includes time to set the bikes up individually at the start, and stretch at the end

£7 a session- maximum of five participants (we've got room for five bikes plus the instructor's one

Friday morning 10-10.30am, first class Friday 4th September- book at reception

Stretch and Poise

Join the Stretching class for a different approach to flexibility: Stretch & Poise!

Complement your every day life routine, your fitness exercise programme, with the Stretching class.

In short: working to give you a good posture + tuning your body & mind + re-balance evenly your flexibility.

Relaxing each of your muscles one by one, engaging a better control on each one of them.

During the session, you will find how each stretch works the best for you.

The end result: having relieved tension in every muscle, will give you a great feeling of relaxation: enhance your well being!

With Neil Macsween **07817856721**

Thursdays at 10.30am

GYM HUMOUR



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

HEALTHY RECIPIE

TABOULEH



INGREDIENTS

- 100g dried quinoa
- 75g parsley, roughly chopped
- 300g tomatoes, cut into 1cm dice (no need to remove the seeds)
- 100g cucumber, cut into small dice

FOR THE DRESSING

- 1 tbsp olive oil
- 2 tbsp balsamic vinegar
- juice and zest ½ lemon
- drop of vanilla extract
- 1 tsp rice syrup or agave
- pinch of Himalayan pink salt
- ½ garlic clove, crushed
- 50g salad leaves, to serve

METHOD

1. Cook the quinoa following pack instructions, then set aside to cool.
2. Make the dressing by adding the olive oil, vinegar, lemon juice, vanilla extract, rice syrup, pinch of salt and garlic into a jug and whisk until smooth.
3. Mix this into the quinoa and mix together with all the other ingredients.
4. Serve on a bed of salad leaves.

"If any member has a 'Heathly Recipie' that they would like to share with other members for the next issue of the newsletter, then please leave it at the desk with one of the members of staff".





WILD OATS - NATURAL FOODS

Most illness and disease is linked to excessive acidity in the body. Increasing your in-take of alkalisng foods and decreasing acid-forming foods is advised for improving your body's pH balance and overall general health.

INCREASE ALKALINE-FORMING FOODS

- Vegetables-preferably local and in season
- Fruits-preferably local and in season especially berries
- Unrefined cold pressed vegetable oils, especially olive oil and coconut oil
- Whole grains, such as brown rice, buckwheat, millet, quinoa, barley and oats
- Green leafy vegetables
- Pulses (peas, beans, lentils)
- Dried fruits
- Pumpkin, sunflower, sesame and flax (linseed)
- Pineapple, papaya, mango and guava
- Oily wild fish such as mackerel, herring and sardines
- Drink lots of water and herbal teas
- Barleygrass powder
- Try to find organically grown wherever possible

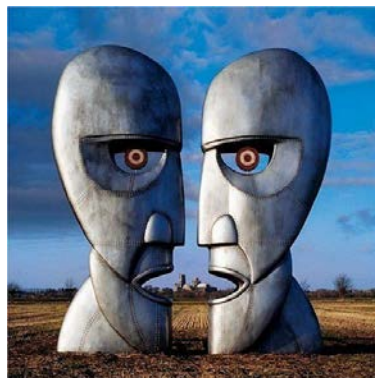
AVOID ACID FORMING FOODS

- Meat, especially sausages, processed meats, bacon and ham
- Animal fat and all dairy products
- Processed foods in general
- White flour and its products
- Sugar (any)
- Citrus fruits (oranges, grapefruit, lemons, tangerines and clementines)
- Tomatoes, potatoes, aubergines and peppers
- Alcohol
- Coffee
- Salted foods and snacks

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 Prize!

ALBUM COVER QUIZ



1.



2.



3.



4.



5.



6.



7.



8.

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 - feel free to follow us on on Facebook and Twitter!

Price Increase

As of August 1st the price for an adult treatment will increase to £36 and child treatment to £32. A block of 5 treatments will increase to £160 (£32 per treatment).

This is the first price increase in two years and is in line with the local market. Additionally, at Bristol Chiropractic Clinic, you get more for your money - we give you nice long appointment slots, 20-30 minutes compared to the average of 10-15 minutes and we only treat one patient at a time, so no shared or multiple treatment rooms and we will never change that!



Hydration

We all know we should be drinking water but why? What happens if we are not hydrated enough? Is it OK to be slightly dehydrated?

Water is essential for humans, without it we do not survive more than a few days. Infants are 75% and the elderly are 55% water. Our understanding of the requirements of water intake are poor and research to improve this is needed. Water in our diet comes from our food as well

as fluids, the more fresh non processed foods we have, the more fluid we can get from food alone. Good fluid intakes are from water, teas and fresh coffee. If you are participating in athletic activities, addition of fluids containing electrolytes are useful - although that is a whole different topic.

As we age our thirst stimulus mechanisms slow down, but our need to take in fluids doesn't, so it is important that you still drink regularly even if you don't feel thirsty.

The physiological effects of dehydration

Exercise

During exercise athletes lose 6-10% of their bodyweight in water from sweat loss, leading to dehydration. Research has shown that performance dips at just 2% dehydration, so keeping hydrated during physical activity is essential.

Brain Function

Dehydration has been shown to reduce concentration, visual perception, motor skills, short term memory and increase irritability.

Headaches

There is no evidence to support the general belief that drinking water can prevent a headache starting, although some research shows that drinking water can reduce the intensity and duration of headaches once they start.

Chronic Health Conditions

Being properly hydrated reduces the risks of urinary stones, constipation, exercise asthma, hyperglycaemia in diabetic ketoacidosis, urinary tract infections, hypertension, fatal coronary heart disease, venous thromboembolism and cerebral infarct (strokes).

Amount of water and when

The amount of water needed will vary based on your body weight, gender, activity levels and current temperature.

For children aged 2-3: 1300 ml/day, 4 1700 ml/day

Females 9-13: 2100 ml/day, 14-18 2300 ml/day, 18+ 2700 ml/day (approx 4.75 pints)

Males 9-13: 2400 ml/day, 14-18 3300 ml/day, 18+ 3700ml/day (6.5 pints)

(EER adapted from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002)

Summary

Staying hydrated will help reduce chronic health problems and improve concentration, mood and brain function. Men need to drink more water than women. Be aware if you are staying hydrated using fluids such as sugary drinks and milk you are increasing your daily calorific intake.

Popkin BM, D'Anci KE, Rosenberg IH. Water, Hydration and Health. Nutrition reviews. 2010;68(8):439-458. doi:10.1111/j.1753-4887.2010.00304.x.



Biofreeze and Pain Relief

At the clinic we use Biofreeze on patients with acute pain - a recent injury that is inflamed and painful - and find it very effective at giving instant pain relief. Biofreeze contains herbal extracts with cooling and pain relieving properties - specifically menthol.

Menthol actions are different to the application of cold, as it increases blood flow to the skin without decreasing the temperature of the

area, whilst giving the skin a sensation of cold.

A 2008 study published in the Journal of Chiropractic Medicine took two groups and randomly assigned them to a treatment and control (no Biofreeze) groups.

Both groups received chiropractic treatment, but one group was also treated with an application of Biofreeze. The group who received the treatment with the Biofreeze showed a significant difference in pain reduction after 4 weeks than the group who received the chiropractic treatment alone.

What this shows is that using Biofreeze as part of your treatment in the first few weeks of your injury is really beneficial.

We use it as part of the treatment and also sell it at the clinic for £10 a bottle.

Zhang J, Enix D, Snyder B, Giggey K, Tepe R. Effects of Biofreeze and chiropractic adjustments on acute low back pain: a pilot study. Journal of Chiropractic Medicine. 2008;7(2):59-65. doi:10.1016/j.jcme.2008.02.004.

Testimonials

Following a car accident I experienced severe back pain for several months. I saw Bronwen for treatment after being recommended by a friend. After just one session my back pain has seriously reduced. I only wish I saw her sooner, I have used other chiropractors for my back problems but have never seen improvements this fast. In fact I was almost ready to give up. I am very confident to recommend Bronwen to my friends and family and I am very glad my friend recommended her to me.

Fadwa Boutarfas

I had a very painful back and despite my own care, didn't improve. A lady recommended Bronwen at my hairdressers and I rang straight away. After a diagnosis and treatment pain was relieved and my second visit and suggested exercises are giving me more relief. Bronwen is very personable and relaxes you and is obviously very dedicated to her profession, I would have no hesitation in recommending her to others.

Jackie Lewis

Rehabilitation Exercise Programs

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.

Referrals build my business and - to show my appreciation - I will give you a £10 discount off your next appointment for every two people you refer who take up treatment. Please ask them to quote your name.