

New year... new you

Fitness, nutrition and lifestyle tips to help you keep to those new year resolutions, by **Karen Halifax**, at LadyZone

During "your 30-minute relaxed workout" at LadyZone, we look at the key elements of total wellness: fitness, nutrition and lifestyle. If you are able to succeed in these fundamental areas, total wellness is within your grasp.

We would all like to be in this position but due to the demands and stresses of life, it is never easy – especially after an indulgent Christmas.

If you're like most of us, you've enjoyed the festive period a little too much and are resolving to make a change towards a fitter, slimmer and healthier lifestyle in 2009. But is there a little voice in your head telling you that you've done this all before? Is there a sense of déjà vu when you think about your new year resolutions? Do you get that sinking feeling that every year you set the same goals but within three weeks, you've already given up?

On average, people gain 5lbs over the Christmas period, according to the British Dietetic Association. Most don't take it off again. If you don't want that statistic to apply to you, get out of that rut and make 2009 the year you're going to make positive changes – and follow my 'new year, new you' tips below:

- The key to sustaining a fitness regime is to start as you mean to go on. This doesn't mean signing for a marathon when the furthest you've ever run is downstairs. Whatever you introduce into your life must fit in comfortably. Spending hours in the gym or setting out on a daily 10-mile run is not something that most people can commit to long-term. You might manage it for the first few weeks, but it quickly becomes unsustainable. Fitness should be performed little and often. Have a look at your current schedule and work out where you have free time. It may only be 20–30 minutes now and again but you won't be sacrificing time devoted to other things – the key to sustaining your fitness regime.

- Getting back into your everyday routine quickly will minimise long-term effects of over-indulgence. However, make sure you do not crash diet. This is a recipe for disaster. By dramatically reducing your intake of food, your body will go into starvation mode, so when you go back to your normal eating habits (which you will), your body clings on to every calorie it can get, making it more difficult to lose it. Find a healthy eating plan that works for you that you can build into your lifestyle. But if it's not working, experiment. Just because an eating plan works wonders for your neighbour, doesn't mean it's for you. LadyZone offers tailored nutritional advice, so don't be afraid to ask for help if you need it.

- Set resolutions that are challenging but realistic. Committing them to paper makes a firmer commitment to achieving them, rather than just a hazy notion in your head. Put your goals somewhere visible to serve as a reminder and encourage you.

Limit the number of resolutions you set. It's better to do one thing well than several things poorly (or not at all) and make sure you have a time frame in mind for achieving them. You will probably fall into the I'll-start-my-diet-next-Monday trap if you leave it too wide open. Instead, mark your calendar for a certain date for every goal that you want to meet.

Make sure you get support from your friends and family. If you're lucky, they'll have similar goals and you can work on them together. However, if they don't, make sure they understand what you want to achieve. Don't allow anyone to sabotage your progress to good health, so limit your exposure to people who are likely to encourage you to break your resolutions.

Set up a no-fail environment. If you know your weakness is for crisps or chocolate, don't bring them into the house. You can't eat what's not there. Or at least have a separate cupboard that is off-limits to you, if you really feel you can't deprive your family.

Finally, reward yourself for successes. Any achievement is reason for celebration. Just make sure the reward isn't food-based. Rewarding yourself with food is a bad habit that needs to be broken.

At LadyZone "your 30-minute relaxed workout", the highly qualified and experienced fitness and wellness staff create a full programme that covers the three key elements of total wellness. This programme is specifically designed to your requirements and takes into account all the factors that may hinder you from achieving your goals. Each member is set realistic targets and, coupled with the effectiveness of the 30-minute workout, lose inches and see the pounds come off. In fact, LadyZone is so confident it will be right for you, it offers a 10-day, money-back guarantee – something that is unheard of in the fitness industry.

Can't stand gyms?

You'll love lady

your **30** minute relaxed workout

MEMBER OF THE MONTH
"I'd never been to a gym in my life, didn't know what to expect! It's the best thing I did! I feel much fitter and more toned without changing my diet. If I can do it, so can you!!!"
GILL from Widnes



"Been coming since April, enjoy the friendly atmosphere and ready to loose more inches and feel fitter from the Christmas Break"
JEAN from Widnes



"Best decision I've made joining Ladyzone. Better than any diet I've ever tried!"
JOANNE from Widnes



"I have been coming for 9 months, it's great relaxed atmosphere, my blood pressure has improved and am looking forward to my inch loss in 2009"
STEPH from Widnes

"Since joining Ladyzone in April, I have met lots of new friends and my strength and stamina has improved greatly - I feel great"
MELANIE from Widnes



- **Ladyzone** is a pioneering women-only fitness centre designed to attract people who would not go to a conventional gym.

- **Ladyzone** is different because it has a unique circuit-style exercise system that allows constant interaction between staff and members, who pay as little as £22 a month - 40% less than they would pay at some well known health centres.

- **The Ladyzone** fitness programme is based on a 30-minute circuit workout in a light and airy exercise room. Advice is given on nutrition, and on the best ways of improving health by changes in lifestyle.

- **The workout**, recommended three times a week, fits easily into most women's schedules.

- **Members workout** using resistance exercise machines imported from Finland, which do not have any heavy, clanging weight stacks to cause muscle and joint soreness the next day.

- **You spend** two and a half minutes at each machine, and because everybody moves between equipment at the same time you never have to queue for machines. This means that the workout never exceeds 30 minutes, which is a major reason for Ladyzone's success.

- **Ladyzone** offers new members their money back after ten days they are unhappy with results they achieve - something otherwise unheard of in the fitness industry.

- ✓ Lose inches and lbs
- ✓ No joining fee
- ✓ Friendly atmosphere

- ✓ No peak/off peak
- ✓ Free guest visit and Free Gift
- ✓ Good Staff and Member Interaction

Your Health Matters!

WIDNES: 0151 424 6230

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You'll find us next to Asda on Widnes Road,

50 yards from Manby's with Free Parking just outside the door!

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