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Winner of Exercise England's "Exercise in the Community" Award

NEWSLETTER NO. 42

Booking Form for Spring Term 2010

EVERYONE WHO ATTENDS ANY FAMILY FITNESS CLASS MUST RETURN A COMPLETED BOOKING FORM BEFORE 2nd DECEMBER PLEASE, REGARDLESS OF PAYMENT METHOD

Dear Friends,

STRESS FREE CHRISTMAS?

Most people have been affected in some way by the current recession; now add to this the rapidly approaching festive season and the possibility of a pandemic increasing our stress and anxiety to serious levels! What can we do to manage stress?

- Increase your physical activity - does not need to be an exercise class, you can go for a walk or a swim or do your housework to music (see article on Newspaper)
- Get a friend to give you a back, neck and shoulder massage (not if you have an injury in that area)
- Prioritise your jobs – make a short list that you can achieve
- Go to bed early a couple of times a week
- Go and visit a friend you have not seen for a while
- Say **NO** occasionally!
- Be kind to yourself
- Try doing a good deed every day, it makes you feel happy!
- Give yourself a pamper evening
- Consider not spending so much money on Christmas gifts
- Only send Christmas cards to friends/family you don't see very often!
- Smile!

Wishing you all a healthy, peaceful and stress free Christmas and New Year 2010.

Maggie, Ruth, Caroline, Liz, Lesley and Jan

Maggie Hackney – YMCA ETM, YMCA Pre/Post Natal Exercise, YMCA/ASA Aqua, BACR Phase IV Cardiac Rehab
Ruth Bishop – YMCA ETM, YMCA Exercise for Older People, BACR Phase IV Cardiac Rehab
Caroline Stephens – YMCA ETM, YMCA Pre/Post Natal Exercise
Lesley Mack – YMCA ETM, YMCA Exercise for Older People
Isobel Hackney – BSc (Hons) Physiotherapy

BOOKING FORM FOR SPRING TERM

Please Read Carefully!

To be completed by everyone, regardless of payment choice

PLEASE USE BLOCK CAPITALS

NAME:

ADDRESS:

.....**POST CODE:**

TELEPHONE NO:

MOBILE NO:

Please complete and return to any instructor or to 17 Tilehouse Street, if you are unable to attend a session before Wednesday 2nd December please

It is important that we are aware of any changes in your health. Have you completed a health profile questionnaire at Family Fitness?

If not ask for one a.s.a.p. please

Please contact us in complete confidence if you have any problems regarding payment for classes or crèche
YOUR FITNESS COMES FIRST!

PLEASE TICK ALL CLASSES YOU INTEND TO PARTICIPATE IN REGARDLESS OF PAYMENT METHOD.

					Please tick
					(✓)
Monday	St. John's	9.30 - 10.30	Heartfit (12)	£54.00	<input type="checkbox"/>
Monday	Highbury	7.15 - 8.15	Heartfit (12)	£54.00	<input type="checkbox"/>
Monday	Highbury	8.30 - 9.30	Heartfit (12)	£54.00	<input type="checkbox"/>
Tuesday	St. John's	9.30 - 10.30	Heartfit (12)	£54.00	<input type="checkbox"/>
Tuesday	St. John's	10.45 - 11.45	Bodyshaper (12)	£54.00	<input type="checkbox"/>
Tuesday	Highbury	7.00 - 8.00	Men's Fitness (12)	£54.00	<input type="checkbox"/>
Tuesday	Highbury	8.15 - 9.15	Easyfit (12)	£54.00	<input type="checkbox"/>
Wednesday	St. John's	9.30 - 10.30	Heartfit (12)	£54.00	<input type="checkbox"/>
Wednesday	Highbury	7.15 - 8.15	Circuits (12)	£54.00	<input type="checkbox"/>
Thursday	Samuel Lucas	7.15 - 8.15	Bodyshaper (12)	£54.00	<input type="checkbox"/>
Thursday	Highbury	7.15 - 8.15	Heartfit (12)	£54.00	<input type="checkbox"/>
Thursday	Highbury	8.30 - 9.30	Heartfit (12)	£54.00	<input type="checkbox"/>
Saturday	Highbury	9.30 - 10.30	Heartfit (12)	£54.00	<input type="checkbox"/>

CHEQUES MADE PAYABLE TO M. HACKNEY PLEASE

I would like to pay block for classes

I would like to pay as I go and enclose £8 fee for every session I have booked

If you pay as you go (not block) you need to pay an £8 booking fee for you chosen class this term i.e. Mon & Weds = £16 Mon, Weds & Sat = £24

I enclose a Cheque / Cash for (Cheques can be post-dated to 31st December 2010)

PLEASE RETURN IN A SEALED ENVELOPE ON OR BEFORE 2nd DECEMBER – THANK YOU



NEWSPAGE



Classes finish and include Thursday 10th December
Classes start Thursday 7th January 2010

Newsletters must be back by
Wednesday 2nd December
please whatever your
payment method is.

Please try and keep your activity levels up over the Christmas break. It will give your immune system a much needed boost. We recommend 45 minutes plus heart raising activity most days a week.

Please make sure your trainers are CLEAN before coming into the hall. Consider changing your shoes when you arrive

NEW MUMS

Please mums, can you book and pay for the crèche in advance. Please let us know if you are unable to use your place if you or your little one is unwell by contacting Liz before 8.30 a.m. Could you also please make sure that your child's belongings are name labelled - Thank you.
Liz - Crèche Manager 07736 021313

For regular updates, news and information about our classes please visit the Family Fitness website:

www.family-fitness.co.uk

Whatever happened to a Satsuma in Dad's old sock?

Can you remember waking up in the middle of the night – feeling at the bottom of the bed for a filled sock? I can as if it was yesterday! I loved opening my stocking to find things like a crayoning book, a small puzzle, chocolate money, pair of socks etc.

My main present was an annual! Beano or Dandy and as I got older Guide Annual or Guinness Book of Records

What happened?

Children today get computers, bikes, TVs etc. Are we creating another generation that thinks money is more important than quality family time doing things together?

P.S. I still get a stocking!!



If you have a pain in your neck it is probably stress!

The blood normally flows through the muscles in your neck and back with no resistance.

When you are anxious your muscles tense up, the blood can't get to where it needs to be so freely, this causes pain and headaches!

Stand / sit tall, take a few deep breaths and rotate your shoulders forwards and backwards.

Avoid carrying heavy bags on one side, use shoulder bags across the body or a back pack for heavier loads. Ladies – make sure your bra fits - you need wide bra straps if you have large breasts otherwise this annoys the muscles across the top of your shoulders - Think good posture all the time!