

Welcome to the 1st Monthly Fitness Update

Get Fit, Feel healthier, Play better

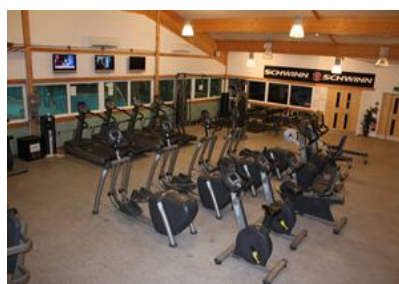
Hello and welcome to the 1st monthly fitness update from the fitness team at LSTC. In this newsletter we aim to provide you with interesting fitness tips, recipes and exercises to help improve your health and fitness.

We will also advertise monthly offers and deals that you or your friends may find helpful

Bring friends for free this February

If you are a fitness member, during February you can bring your friends along to the gym for a week, completely free of charge. We will give them an induction and provide them with any fitness advice they might need.

Please sign up at reception for this offer.



£5 week membership for Tennis

Tennis members you can now benefit from a weeks fitness membership for just £5 in February. Come and check out the new sports specific equipment and see what the fitness staff can do for you.

Please sign up at reception for this offer.

Fitness Tip of the month

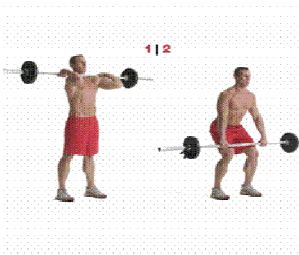
Each month we will provide you with a fitness tip. These tips will suit a variety of goals and will hopefully make a difference to your program or workout.

Please see attachment above to see the tip of the month

Recipe and Exercise of the month



Chicken kebabs with lemon and coriander couscous



The Hang Clean

Every month we will provide a recipe of the month for you to try at home. This recipe will vary as to the diets that it will fit in to.

This month it is Chicken kebabs with lemon and coriander Cous Cous which is a low calorie, low saturated fat recipe.

Please see Recipe of the Month attachment at the top of the page for the full recipe.

We will also provide an exercise of the month for you to try in the gym, or at home.

This months exercise is the Hang Clean, which utilises the new Olympic bar and power rack.

Please see the Exercise of the month attachment to see more info about the Hang Clean

Questions or Comments? Please email Craig (Fitness Manager) at
fitness@lstc.co.uk
Or Call 01462 675444