

Newsletter - Issue 4
July 2006



fitness

Your kind of place

Hot Under the Collar – Getting Fit?



Not at K A fitness!
Fully Air Conditioned Gym!
Try it For Free*

We want K A fitness to be – Your kind of place,

So as well as a relaxed management style, excellent range of equipment, classes and the friendly atmosphere that we have created, as a direct result of feedback from our members we have installed air conditioning so you wont get Hot Under the Collar – Getting Fit!

*Free 5 Day Pass available now, simply pop in, phone or visit www.thewantagegym.co.uk.

K A fitness – really is the coolest gym in town!

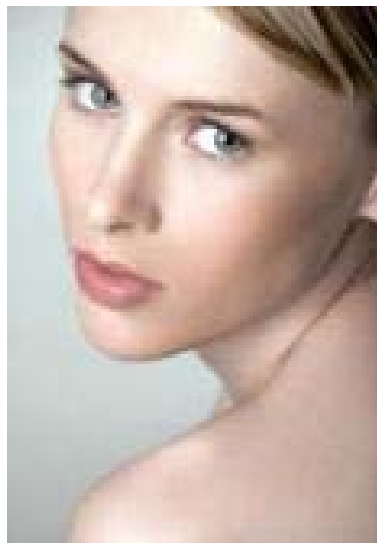
Radiance
Beauty Therapy

Elaine Bland CBT BABTAC
Professional Beauty Therapist

*The Ultimate Beauty Service at
KA Fitness, Wantage.*

Dermologica Prescription Facial	£ 33.00
Dermologica Specialist Facial	£ 38.00
Express Facial	£ 20.00
Make-up Application	£ 15.00
Make-up Lesson	£ 30.00
Bridal Make-up	£ 55.00
Lash Perm*	£ 25.00
Lash Tint*	£ 12.00
Brow tint*	£ 7.00
Lash Perm with Tint*	£ 30.00
Brow Shape	£ 7.00

To book your appointment:
07867 807 023



	Hands and Feet	
	Nail shape and varnish	£ 10.00
	Luxury Manicure	£ 24.00
	Spa Manicure	£ 28.00
	Luxury Pedicure	£ 28.00
	Spa Pedicure	£ 32.00

Your therapist will help you to feel completely relaxed and confident. Treatments are tailored to suit the client's individual needs for maximum results.

Radiance reserve the right to charge for any cancellation with less than 24hrs notice.

Waxing	
Half leg	£ 15.00
Full leg	£ 22.00
Bikini line	£ 12.00
Full leg and bikini line	£ 28.00
Underarm	£ 9.00
Lip	£ 8.00
Chin	£ 6.00
Eye-brows	£ 7.00
Forearms	£ 12.00
Airbrush Tan*	
Full body	£ 20.00
Face, neck and arms only	£ 12.00
Legs only	£ 10.00
Pre-tan body treatment	£ 15.00

To book your appointment:
07867 807 023

K A Fitness, 8-10 Grove Street, Wantage, Oxfordshire, OX12 7AA

Telephone 01235 763333

www.thewantagegym.co.uk

BROADLEY SPEAKING!

Each Month as a regular feature in our Newsletter, Steve Broadley will be giving some sound advice and the background to a healthy lifestyle.



This month Steve tackles the question of:

Weight Loss or Fat Loss?

What is a calorie?

A calorie is a unit of measure for energy .

Average daily calorific requirements are:

Males 2500 calories,

Females 2000 calories.

If an inactive person eats more than the daily requirement (calorie surplus) then the extra calories will be stored as fat and they will gain weight.

If the person eats less than the daily requirement (calorie deficit) then they will loose weight, however the weight loss will not come from stored body fat. The body finds it hard to break down fat tissue so it will break down muscle tissue (protein) which it can do more easily.

The body's metabolic rate (the rate at which your body burns calories) is partly governed by your muscles i.e. when you move, your muscles require energy which they get from burning calories.

In general males have a higher proportion of muscle mass than females and so have a

higher metabolic rate. Also a 20 year old man will have a higher rate than an 80 year old man as the older we get we naturally lose muscle mass.

This means that if you start to lose muscle tissue then your body requires fewer calories so your metabolic rate slows down. This is irreversible unless you restore the muscle tissue through exercise.

Here is where the vicious circle sets in with vengeance. As you lose muscle tissue your body's daily calorific requirement is reduced so if you keep eating the same amount of food that once gave you a calorific deficit this will become a calorific surplus and you will start to store this surplus as fat tissue and hence put on more and more weight. Your energy and concentration levels will also drop drastically and movement will become labored.

This as shown is a very unhealthy way to lose weight and proves you will not reduce your body fat. K A fitness can help you find the right way for YOU.

The accepted healthy way to lose weight through fat loss is by reducing your daily calorific intake by 250 calories and burning 250 calories through exercise. Everybody's daily requirement is different and should be calculated by a qualified Nutritional advisor. You should aim to lose no more than 2lb per week

The team at K A fitness are here to help members with this advice.

Next Month we will tackle the question:

But what form of exercise?

***Free 5 Day Gym Pass
Available Now!**

Call or Pop In for Details

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