

**Newsletter - Issue 5
September 2006**



fitness

Your kind of place

The Gym In The Heart of Wantage



- **No Contract**
- **No Joining Fee**
- **Free Classes**
- **Free Crèche**

**Free 5 Day Pass
Try Before You Buy!***

Free Chek Core Class

K A fitness offers a low impact Stability Ball based class for people of all abilities, designed to strengthen your body's *Core Muscles* i.e. the muscles surrounding your midriff and upper and lower back.

It is an excellent class for people who suffer from chronic back, shoulder and neck pain it will help to improve your posture, and it goes without saying that it will also help to prevent future injury.

Natalie and Guy are Qualified Instructors who will guide you through an effective step by step exercise program that will help with rehabilitation and prevent future injuries by correcting muscular imbalances.

As each class participant requires individual tuition and correction techniques the numbers in the class are limited.



**Give us a call or pop in for
more details***

In The Spot Light!

All our team of friendly staff are qualified Personal Trainers, introducing:

Natalie Johnson

Natalie is a Premier Qualified Personal Trainer and Sports Therapist.



Natalie has always had a firm interest in Sports, Health and Fitness and has represented the County at swimming.



As well as carrying out Inductions and fitness assessments Natalie has several regular Personal Training and Sports Therapy clients and is also a qualified Spin and Chek Core Instructor. Her Ladies Circuit class is also one of the most popular (and noisy) classes of the week.

Natalie is also qualified in Child Care and before qualifying with Premier she ran her own private nursery. Natalie also runs the popular KA fitness crèche.

Natalie enjoys camping and traveling and spent a year exploring Australasia. She also loves any celebrity gossip!!

Can You Help?

The Health Editor of Sunday Magazine (News of the World) needs help with special projects and is looking for a group of about 10 local women.

One of these projects is a slimming group, to be held at KA fitness club on one morning a week. We invite applications for this group.

- **This will be free-of-charge!**

The purpose is to help you lose weight and provide motivational stories for our readers. Successful applicants will be selected on a range of criteria, but an important part of the process will be commitment, motivation and reliability.

This is a warm and enjoyable programme, applicants must have access to daily e-mail and you will have the personal guidance of Nutritionist Monica Grenfell, Health Editor of the News of the World.



- **No special diet is involved!**

For more details, please e-mail michelle@kafitness.co.uk and ask for an information leaflet and application form, alternatively ask at the K A fitness reception or please send an A4 s.a.e to:

Monica Grenfell, PO Box 64, Wantage Oxon OX12 9GA.



Join the Grove Street Elite Kettlebell Club

If you are a fan of "The Worlds Strongest Man" television show you may have heard of kettlebells.

If not then I will explain.

The Kettlebell has been around since the Bronze Age. They have been found in cultures as diverse as the ancient Greeks and the ancient Chinese. They acquired their name more recently in the nineteenth century due to their shape being not unlike an old iron kettle without the spout.

A more apt description is a cannon ball with a suitcase handle welded on.

The Kettlebell is one of the all time greatest strength and conditioning tools ever dreamed up because it is extremely versatile. Within the same exercise session you can warm up, train for fat burning at an elevated level, for pure strength and also endurance, all with the same piece of equipment. They are also excellent for rehabilitation and prehabilitation.

Stan Pike of the United Kingdom Kettlebell Association calls them 'A gym in the palm of your hand'.

The Human body is a three dimensional entity that moves through three dimensions of space. The Kettlebell exaggerates that three dimensional movement, which is why the kettlebell will seek out the muscles that are weak or not functioning as part of the team and force them to join in.

This is the point where accelerated fat burning comes into the equation; the movements are not isolatory but involve the whole body. This forces the body to become more athletic and is very sports specific, especially for sports such as boxing, the martial arts and rugby.

The end result is all of your muscles working together, which means you burn more calories in less time, and therefore more calories come from your fat reserves. What you end up with is a stronger, leaner body.

Kettlebell exercises are guaranteed to fight against obesity, degenerative and chronic illnesses and improve your posture and digestion.

Just have plain old fun while you exercise, an element that is sadly missing in today's marathon endurance sessions that have proliferated the modern training scene.

Then join 'the Grove Street Elite' - Kettlebell Club, it will convene at K.A. Fitness, Courses will last seven weeks and cost just £35. Due to the popularity of this course early bookings are recommended.



Guy Jones (pictured above) is a former British soldier who now works as a personal trainer/sports therapist & nutritional life coach and writer. He specialises in healthy living through metabolic typing (an advanced nutritional diagnostic tool) and serious strength and conditioning protocols.

Guy can be contacted on 01235 763333 or info@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.



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

But what form of exercise?

Cardio or Resistance Training

When people join a gym as part of a weight loss/fitness regime they are willing and wanting to use CV machines such as the treadmill, X-trainer, bike and rower. However a lot of people are put off by the idea of doing resistance training with weights.

While cardiovascular activities improve the efficiency and strength of your heart they also help to tone muscle and burn fat. However strength or resistance training will increase the amount of muscle you have in your body. This is good news because for every extra 1lb of muscle you have, your body uses around an extra 50 calories a day! This means an extra 10lb of muscle will burn roughly an extra 500 calories a day without you doing anything - and that's sufficient amount to lose 1lb in a week. We are not talking about having rippling

muscles but building a good muscle tone to reduce that wobble factor.

Your workout should be split between CV exercise and resistance training. Ideally these should be done on different days to maximize the benefits. However if you are just starting out or have little time in the week and you are going to mix the two on the same session, try to do a circuit session and don't let your heart rate drop between CV and resistance exercises by moving quickly between stations.



It is important to remember that exercise alone will not work in the long run. When coupled with a healthy balanced diet which we will discuss in future you will be able to get and maintain the body that you want.

You should not undertake any structured exercise programme without the guidance of a qualified Personal Trainer

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

Next Month we will discuss:

Heart rate training and the fat burning zone.

Is it fact or fiction?