

Newsletter - Issue 8  
March 2007



fitness

Your kind of place

**Members at K A fitness, can now enjoy the “world’s fastest way to shape up and lose body fat”, completely free of charge –**  
**BODY PUMP!**

The most successful group fitness programme in history, BODYPUMP® is a 45-60 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning.

After an initial warm-up, all the major muscle groups are worked via a series of weight-bearing exercises including squats, presses and lifts. The class finishes with a cool-down and stretch.

BODYPUMP® is proven to be "the world's fastest way to get in shape" by research which has confirmed higher than expected fat-burning effects alongside endurance, strength and 'wellness' benefits.

Every three months, Les Mills releases a new BODYPUMP® class with fresh choreography and music.

**For further information or to book a class call 01235 763333, members and non-members welcome.**



# 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.

## EATING & EXERCISE! Part Two.

In this issue we will just look at the Macronutrient Fat. Fat is an emotive issue with more of the UK's population being classed as obese. Especially worrying when we look at the alarming increase in obesity in young people. *Do people not care or do they just not understand Fat and its use in diet?*

Fats fall into two main categories:

- Saturated fats
- Unsaturated fats

There is a third hybrid variety which has recently made the headlines and these are Trans fats which are Unsaturated fats that have been cooked to high temperatures (i.e. frying) and are *transformed* to saturated fats, they are very bad for us and should be avoided totally.

**Saturated Fats** are hard at room temperature i.e. lard and butter and commonly found in animal meats and a few oils like palm oil. These fats must be eaten in small amounts to have any health benefits and if consumed in excess, they can be difficult to metabolise (causing weight gain) and may lead to narrowing of the arteries (causing coronary heart disease CHD).

**Unsaturated Fats** these include Mono-unsaturated fats and Poly-unsaturated fats.

\*When we discuss these I will talk about High and Low Density Lipoproteins (HDL's and

LDL's) these are used to define our body's cholesterol levels which we will discuss in a later issue.

**Mono-unsaturated Fats** is considered to be one of the healthiest types of general fat. It is found mainly in olive oil, rapeseed oil, canola oil, nuts and seeds.

The high consumption of olive oil in Mediterranean countries is considered to be one of the reasons why these countries have lower levels of heart disease. This is because mono-unsaturated fat helps reduce harmful low-density lipoproteins (LDLs) which can cause blocked arteries.

**Poly-unsaturated Fats** although much healthier than saturated fat, poly-unsaturated fat is considered to be less healthy than mono-unsaturated fat. This is because research indicates it may reduce the protective high-density lipoproteins (HDLs) as well as the harmful low-density lipoproteins (LDLs). However, within the polyunsaturated fats group are two very important essential fatty acids (EFAs):

- **Omega 6 Fatty Acids** (e.g. linoleic acid) Found in unrefined safflower, corn, sesame and sunflower oils
- **Omega 3 Fatty Acids** (e.g. alpha-linolenic acid) Found in oily fish, linseed or flax oil, hemp oil, soybean oil, pumpkin seeds, walnuts, dark green vegetables.

Both these essential fatty acids are vital for good health. They regulate mental health, growth and vitality and are believed to assist the transport and uptake of oxygen throughout the body. EFA deficiency is associated with cardiovascular disease, cancer, diabetes, multiple sclerosis and other degenerative conditions.

The recommended daily allowance (RDA) for total fat is 28grammes of which no more than 8grammes should be from saturated fat.

***Next issue I will discuss the importance of the Macronutrient Water.***

## KA fitness Joins the Festivities on Dickensian Night

KA fitness were delighted to take part in the festivities on Dickensian Night this Christmas.

We hosted Ye Olde Beach Party and BBQ and were delighted to welcome so many new visitors to the club.



A draw was held to win free gym memberships and the lucky recipients were:



fitness

1st Place - Louise Alder



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2nd Place - Lucy whiting,



fitness

3rd place Shirley Hiskins.

go that bit further with a



## Personal trainer

A KA fitness Personal Trainer:

*Will help you achieve your goals*, whether you want to run a marathon or simply improve your motivation.

*Will add variety to your exercise routine.*

*Will assist you with injury rehabilitation.*

*Will improve your flexibility and posture.*

*Will improve your cardiovascular condition.*

*Will build a strong torso and lower back.*

*Will improve your reaction times*, build strength and increase range of movement.

*Will increase your muscular power and efficiency.*

*Will help you reduce body fat* and increase muscle tone.

### Members

1 or 2* Person Session	£35
Block of 8 sessions	£200

### Non Members

1 or 2* Person Session	£40
Block of 8 sessions	£240

\*Two people of equal physical ability as assessed by KA fitness

**KA fitness is delighted to have links with the young and the old in the local community.**



King Alfred's Sports and Community College use our facilities as part of their learning package, the students are studying for BTEC Diploma in Sports Studies and A level Business Studies. The students are a credit to the school and it is a pleasure to see them using the gym with such enthusiasm even turning up early for their sessions!!

KA fitness also supports the Work Experience Scheme and provides a 2 week placement in the summer term through which we have had some excellent students.

We also have Holly Fowler who comes in every Tuesday as part of her BTEC Sports Studies Course. Holly helps in the crèche as well as in the gym and is well liked by the staff and members, she can also do exercises that none of the staff can do!! Holly is a great Ambassador for the Work Experience Scheme.

We are also pleased to have links with St Mary's School, although the school is moving there are still students at the site who come in for 2 sessions a week. The girls are also a credit to the school.

A new venture that we are just starting with Wantage Day Centre is a weekly fitness class on Wednesday mornings. Senior citizens of all abilities take part in a functional movement and co-ordination class set to Old Time music. The class is being developed at the moment and will start in the new year on a regular basis.

# REFRESHINGLY FREE



**£20 BACK  
AFTER 3 MONTHS  
MEMBERSHIP**  
(limited offer only)

  
**fitness**  
www.thewantagegym.co.uk

## Revitalise your life at KA Fitness

- **FREE** from signing contracts
- **FREE** from joining fees
- **FREE** classes from great range
- **FREE** supervised crèche available
- **FREE** induction & health check
- **FREE** personal training plan
- **FREE** regular assessments
- **FREE** nutritional consultation & advice
- **FREE** 5 day gym pass (try before you buy)

**Tel 01235 763333**

**VISIT US TODAY** and see for yourself

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