

## Newsletter 1 - Feb 2008

Hi Everyone

January has already sped by and I wonder how many of the goals and aims you came up with at the beginning of the year are moving in the right direction for you so far?

Here in Scotland the weather is dark and wet, the excitement of the festive season has worn off, the feeling of *'oh what the hell it's Christmas'* is long gone, and across the land credit card bills are thudding onto doormats. Many have already lost the enthusiasm and motivation they felt at new year to change their lives for the better; after all the weather is so depressing the only thing that can cheer you up is to skip the gym and treat yourself to the left-over Christmas cake in front of the TV. The research does shed light onto what contributes to our wellbeing, and the parameters **are** within our control. Well, I can't help you with your debt or your pay packet, but I am sure we can work on the other stuff to keep you feeling on top of things:

- **Weather**; when are we going to get our heads around the fact that it is darker and colder in the winter? It is a national obsession in the UK to talk and **moan** endlessly about the weather. We are permanently surprised about the fact that it is wet/dry/windy/cold/hot/snowy.. **GET OVER IT!** Make sure you invest in breathable waterproofs, warm shoes, an umbrella, and go outside and get on with your life.
- **Motivational levels**; write down what you are aiming for, and then follow it with all the positive results you will gain; keep the list of positives handy and focus on them as motivation when you are flagging. Enter into agreements with friends and family; being accountable to someone else will help you stay on track; get an exercise buddy or agree that the whole family will eat more fruit etc Book yourself into a course of classes; paying up front for 8 exercise classes may help you get there if you are having a duvet-day. Check out the block booking deal below. When you have established a routine, and been consistent in your efforts this adds to your motivation to continue. Keeping a record of your achievements will help you keep going and measure your achievement and adherence to your new routine; exercise or food diaries, or ticking things off on a calendar will help.
- **Time since failed quit event**: Ok so we all decide on Jan 1<sup>st</sup> to stop boozing, reject all sugar, fat, salt and pleasure in food and run to work everyday as well as attending yoga and clog dancing in the evenings. By Jan 10<sup>th</sup> we are so stressed by the effort and boredom of it that even if our injured muscles could summon the strength to open another diet-shake, we would never be able to force it down. In order to succeed in lifestyle change we must set reasonable goals and accept that change is a process which includes periods of relapse. If you do slip backwards, write it off, accept that this is a normal part of the process and see what you can do to get back on track. Do not allow feelings of failure to stifle your desire to change. Introduce changes slowly and sensibly, setting goals down on paper; week one, drink more water and look for a class, week 2 attend the class, week three, take packed lunch to work... Take a look at your goals and look at what could stop you achieving them; think of a plan of action to deal with any barriers which arise.

- **Need to take action:** the urgency to change may motivate some people and put others off. For example, if your bad habits are destroying your health, this may spur you into action, or paralyse you with fear; of failure, of change, or lack of confidence that you can do it. Setting sensible and progressive goals, alongside motivational techniques will help you take action, and move forward at an acceptable pace. Accept that January is not the only time of the year that you need to take action to improve your health and fitness. Many people's grand gestures and enthusiasm burns out before February arrives, but making smaller efforts each day of the year will get you the results you want.
- **Time since Christmas:** Because of all the fun, excitement, socializing and build-up to Christmas and New Year, January can seem boring and uneventful. Christmas may have been a disappointment, a financial burden or a difficult time, leaving you feeling very low afterwards. Beat these feelings by focusing on all the good things coming up soon; longer days, (new James Bond Film; you know what I mean girls). Set a new tradition among family and friends of a January get together, a bring-your-leftovers party, or book a weekend away to look forward to. If your funds are scarce organise a winter walk with sandwiches and a thermos of tea. Make the first month of the new year a more positive experience.

January wasn't all that bad really, and if you look carefully you will notice that the snowdrops are out; an antidote to seasonal blues. Don't let the weather beat you, take one step at a time in making your life healthier, and stay motivated.

Block booking deal - thought about offering a deal for my Tone to the Bone class on a Wednesday evening - it is £2.50 per session & you pay as you go at Drumlanrig Primary School 6.30-7.30pm. Pay for six sessions and you get the next one FREE. Ask me for details...

Fitness Pilates/Mind Body & Soul

Would use a CD Rom/DVD at home? I've had a few requests from class members for this especially to use during course breaks and over the summer. As you all know I give out homework (which I know you all do faithfully!!) remember it is optional but would it be worth the effort on my part to put together a CD Rom/DVD to use at home? Feedback on this would be appreciated?? If there is a demand I will supply. A small fee may be chargeable for time & disk.

New course for Fitness Pilates & Mind Body & Soul dates are now released:

Fitness Pilates start dates (6 week course) -

Monday 25<sup>th</sup> Feb 1-2pm & Tuesday 26<sup>th</sup> Feb 3-4pm

Mind Body & Soul start dates (6 week course) -

Tuesday 26<sup>th</sup> & Thursday 28<sup>th</sup> Feb 7.15-8.30pm

All existing members are offered a place initially - should have booking forms if not let me know. Booking forms have to be completed along with payment to secure place. If your interested email or call and can send info.

Mobile Phones - came across good information - ICE numbers on mobile phones just incase. All emergency services now look on mobile phones in the case of emergency - if you store an ICE (in case of emergency) number on your mobile phone - a family member or next of kin can be contacted easily and quickly if you were involved in an accident/emergency situation. This is useful on work mobiles as well as personal mobiles.

#### Gym Balls

Poundstretchers are selling gym balls (large rubber balls) great for back mobilisation at moment and they are only about £5. A while ago I enquired with stockist I use and they were £18 each! Remember they are big and can be a nuisance at home but useful for exercising with and even to sit on whilst on computer or watching TV.

Take care and keep up the good work! Roll on the Spring! Roll on lighter nights & sunshine!

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