



feel great every day

WHAT'S NEW THIS MONTH AT HORSHAM FITNESS?

Two new additions to HF this month!

Firstly **Babies and Burpees** is our brand new workout for parents with pre-school aged children. No need for childcare as we all exercise together, check diary dates for details.

Second new addition is the arrival of the **orange kettlebells, each weighting 28kg!** Test your strength on these!

This month we also have **nutrition** and **benchmark workouts** scheduled so be sure to check diary dates. Finally the next **Charity Challenge** is in the making, get ready for a challenge with a difference to raise loads of money.

DATES FOR THE DIARY

Saturday 5th September 0830:

Free workout and benchmark workout

Monday 7th September : Start of 6 week programme

Friday 11th October 1100: Launch of new Babies and Burpees. £6 PAYG

Saturday 19th September 0930:

Nutrition talk 'Wheat'

Wednesday 21st October 0930 and 1830:

Gap week workout. £6 PAYG

HF Star Member Tina Leniuk-Wright

I've been with Horsham Fitness for quite a while now and attending has become an integral part of my weekly routine. I really enjoy the fresh air, outdoor setting whatever the weather – rain, snow, sunshine, and sometimes all in one 45 minute session which keeps things exciting. I've noticed that with the variety of sessions on offer I am able to challenge myself in different ways that keep me interested and motivated; the camaraderie and friendships gained through HF are also a wonderful bonus. To me fitness is not only about the physical goals and challenges that Katie, Mark and Don set for us or that I set for myself – those pesky unassisted pull-ups are still elusive – but also about being the best version of myself and generally healthier overall and attending HF is an intrinsic part of that.





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Key points to performing Kettlebell swings

The swing is a hinge not a squat. If you aren't feeling a stretch in your hamstrings with each rep you are probably bending at the knees rather than hinging at the hips. Keep a tight core, straight back and move your hips behind your centreline. **The swing is an explosive movement** performed to build core strength. Move the hips to power the swing to drive the weight forward. **Don't lean back at the top of each swing.** When the kb is at the apex of the swing engage your gluteus maximus (bum) and your abdominals and end the hip drive in a vertical position with good posture. **The end and start point of the swing** should be between your legs directly under your bum not your knees. On letting the kb fall keep your arms locked out, knees slightly bent and a neutral spine. **BOOM! A full body exercise for maximum results!**



2015 SESSION DATES AND TIMES

DATES :

7th September – 17th October

26th October – 5th December

December and Christmas dates in planning

TIMES :

Mon 0600, 0930, 1815 and 1915

Weds 0600, 0930, 1815, and 1915

Thurs 0600, 0930, 1815 and 1915

Sat 0830 only

AND FINALLY.....

Food for thought up for discussion at our next nutritional talk.....

“All of the following are just **some** of the documented effects that wheat has on the human body, it is an appetite stimulant, it causes blood sugar surges, it causes inflammation, fatigue and obesity and is implicated in heart disease”

‘Wheat’ Saturday 19th September 0930 with Rachael Scott Independent Nutritional Consultant