



Welcome...

Welcome once again. I can't believe the party season is nearly upon us and summer is a distant memory. Whether you are going out to parties or lucky enough to be jetting away to the sun during the cold dark nights, make sure you stick with your exercise routine. It will make you feel better and help with hangover recovery times!

Welcome to a number of new members of the team here at Chelsea, I'm sure you've noticed we are welcoming a number of smiley faces into our midst. If you have any problem with the site please don't hesitate to speak to any of the team.

Charity

Courtneys is helping to fund life-saving research by supporting Great Ormond Street Hospital, a world-class centre of excellence for paediatric medical research and treatment. The year-long partnership will see Courtneys' members; users and employees fundraise for a dedicated piece of equipment that will aid vital research to help treat diseases such as Leukemia. Courtneys' members / users will be encouraged to take part in a calendar of events designed to engage them whilst fundraising.



Karen O'Donoghue, Head of Account Management at Great Ormond Street Hospital Children's Charity said: "Great Ormond Street Hospital Children's Charity is very proud to be Courtneys' first Charity of the Year and we are looking forward to building on our existing successful relationship and an exciting year of fundraising."

Swimming

The new swimming lessons are well and truly underway and congratulations to all the swimmers who have gained yet another badge and certificate this term. We look forward to employing our Rookie Lifeguards in the future.

New term starts in January, book your place now!



New Classes

Winter is here, although I'm not sure whether we ever had a summer! Timetable changes are happening.

Step has now been replaced with step 'n' groove, a funkier version of a general step class, and if you want a real challenge, core and ultimate tone is a class not to be missed. Work those abs intensely and get an all over body workout at the same time.

Any feedback on any of our programmed activities is greatly appreciated.

Competition

Don't forget to pick up your copy of The Borough News and enter the word search competition where you stand a chance to win a 3 month ultimate membership. Don't forget to get your entries in by 31st October 2008. Good luck to you all!

Healthy eating tips

Chase those cravings away - Eating smart is about having the information to make better food choices. There is no need to have food cravings and feel deprived if you make some easy and enjoyable substitutions

Craving cake – swap for whole meal banana bread. The problem with most commercial cake is that it uses white flour, lots of sugar and is loaded with preservatives.

Craving cappuccino – swap for a skinny latte. At around 50 calories, a skinny latte will save around 100 calories on a regular cappuccino. Avoid flavoured syrups which are a sugar disaster.

Craving cheese – swap it for a low-fat hard cheese on rye. There is a belief that cheese is addictive because it contains compounds that act on the brain as opiates – this may or may not be true, but cheese is a common craving.

Craving chips – swap for a virtuous baked potato. Chips are greasy and have an acute effect on blood sugar. A baked potato is fat free until you add fillings – so choose wisely. Baked beans, tuna (without mayo!) and grated Edam are all good fillings

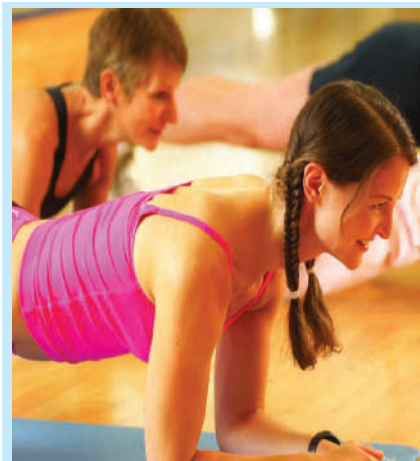
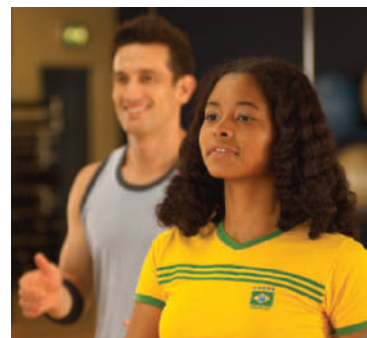
Pilates

For those of you that are wondering what all the fuss is about, some of the benefits of Pilates are

- Improved posture
- Improved body awareness and body usage
- More efficient breathing
- Improved circulation
- Improved joint mobility
- Improved core stability, lumbar, pelvic and cervical stability
- Improved balance and co-ordination
- Increased immunity
- Better weight management
- Improved bone density
- Better stress management
- An enhanced sex life
- Anti-ageing benefits

And it's not just for the ladies!!

Drop in on a class, try a smaller group with our courses on a Thursday evening, or try a more personalized workout with a 1:1 session



Corporate Membership

Did you know you could be saving money on your monthly membership?

At Courtneys, all we require is a minimum of 5 people from the same company and we can offer you a discounted corporate rate. The more that join the greater your discount.

If you are interested and would like more information about corporate membership please talk to the membership team or e-mail chelsea.membership@cannons.co.uk