

▶ **MANCHESTER**
MON—FRI: 9AM-9PM
SAT: 9AM-6PM

December 2016

▶ 0161 861 0848
www.anatomymanchester.co.uk
info@anatomymanchester.co.uk

▶ **CHESTER**
MON—FRI 7AM-9PM

▶ 01244 403830
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Manchester and Chester

December 2016

Bumper pack of December Offers!

3 x MS30 gift vouchers for £60

2 x holistic treatments for £60

5 x MS60 for £150

Must be bought by 31/12/2016

Packages must be used by 28/02/2017

Christmas Opening Times:

Christmas Eve: CLOSED

Christmas day: CLOSED

Boxing day: CLOSED

27th: CLOSED

28th: 9-9pm

29th: 9-9pm

30th: 9-8pm

NY Eve: CLOSED

NY Day: CLOSED

1st: CLOSED

2ND: CLOSED

3rd: Reopen as usual.

Chester Fitness Classes Timetable

	<u>6.30-7.30PM</u>	<u>7.30-8.30PM</u>
<u>Monday</u>	Circuits	HIIT class
<u>Tuesday</u>	Advanced Class	Beginners class
<u>Thursday</u>	Kettlebell & weights	Bums, Tums & Guns

Circuits– exercises change every week.

HIIT– High Intensity Interval Training– explosive exercises done in intervals.

Advanced/beginners classes– boot camp.

Kettlebell & weights– Full body workout using weights.

Bums, Tums & Guns– A session focusing on these 3 areas.

Keep checking our website for more details...www.anatomychester.co.uk

Have a guilt free Christmas this year?

This year I've been asked to write the Christmas newsletter. An easy task some of you may say, but how many of us want to hear about healthy eating, exercise, and staying fit and healthy? Whilst looking at all the other Christmas newsletters out there, this is what everyone seemed to be focusing on. Even I felt guilty and I've not started overeating yet! Everywhere you look, people are already talking about the guilt Christmas brings, with its extra food, drink, parties and general overindulgence all round.

So whilst sitting down with a blueberry muffin and a toffee chocolate latte, I decided to share my top tips about how to have a guilt free Christmas.

Chocolate

This has already pretty much been taken care of by the manufacturers. Toblerone now comes with at least 30% less chocolate in it, and the Heroes tin this year also contains significantly less 'Heroes' than in previous years. Even the pieces in Terry's chocolate oranges are hollowed out so are smaller than they used to be. So guess what, this means we can still eat the whole bar/tin/box and the manufacturers have taken the guilt away as we are actually consuming less.

Food

Christmas dinner is full of vegetables and protein, so don't panic. Plus, how many other times in the year do we ever eat this much? Never. So, since it's not as if it happens all the time, just eat whatever you want; we all need treats in our lives, make this one of them. Don't skip meals or cut back because you are worrying what the scales say, just find a slope in your house and move the scales there. It's like an instant diet and you will lose weight I promise! It's OK to indulge every once in a while, it releases endorphins into the body and makes us happier people.

Alcohol

Now, we all know we need to be responsible when it comes to this, but again, how often does Christmas come around? Some of you are seasoned drinkers and will carry on as normal, others amongst us, don't drink at all. Just stick to what you are used to and don't be silly with it but also don't feel guilty for having the odd glass of wine to celebrate something that comes just once a year. We will all probably end up doing dry January anyway and it's not as if we are young and irresponsible teenagers anymore.....

September birthdays

Did you know that more babies are born in September than any other month of the year? And guess what happens 9 months earlier??? That's all I'm saying on this subject.....

Have a good Christmas!!

Jennie

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Your Anatomy Team



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Clinic Director



Zoe
Sports Rehabilitator



Sean Devlin
Clinic Director



Charlotte Harrison
Sports Therapist



Hayley Wild
Sports therapist