



February superfood..... Coconuts



Young coconuts are one of the highest sources of electrolytes in nature. Electrolytes are ionized salts in our cells, that transport energy throughout the body. Coconut water is a much better alternative to

commercial sports drinks laden with artificial sugars and colours. The molecular structure of coconut water is identical to human blood plasma, which means that it is immediately recognized by the body and put to good use. Drinking the juice from a young coconut is like giving your body an instant blood transfusion. In fact this was common practice during World War II in the Pacific, where both sides in the conflict regularly used coconut water, siphoned directly from the coconut, to give emergency transfusions to wounded soldiers.

Awesome Almonds!

A recent study found that people who ate 50g of almonds per day lowered their 'bad' LDL cholesterol levels by 9%.

Class Focus: Brazilian Butt Lift

How is Brazilian Butt Lift different to normal lower body toning classes?

Rather than perform the usual squats and lunges this class adds exercises with a twist. All exercises target all 3 muscles of the glutes, by performing lateral and isometric exercises we don't miss a single muscle.

I don't want to make my butt any bigger, should I come to this class?

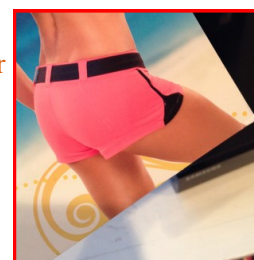
ABSOLUTELY!! This class is not designed to increase the size of your booty, instead it's going to lift, tone and firm making it look hot hot hot in your jeans or bikini.

How many calories will I burn?

On average participants of this 30 minute class will burn 200-300 calories!!!

I'm a cardio queen and don't want to miss out on burning fat is this class for me?

Surprisingly this class is harder than you may think, whenever you train your legs (the biggest muscles in your body) your heart rate increases and you start to burn a ton of calories, so as your toning the muscle your also burning the layer of fat that's covering it.



Stick with your New Year's Resolutions...Follow these simple steps



So you started the year on the right track, went to the gym 5 times a week and ate healthily? But now you feel your momentum has gone, your tired and losing interest, this is the time to not give up!! Around 50% of our population make New Year's resolutions, but by February 1st only 10% are sticking with it!! We don't want you to be one of the 40% who give up and quit, so follow these steps and go get your goals....

1. Visualise: Every night take a few moments to visualise your goal, think about every detail, how you will feel when you achieve it, etc

2. Plan Ahead: Once you identify what is stopping you from reaching your goals look at how you can overcome them. For instance, if you know that your downfall is grabbing a high fat lunch because you have no time to buy something healthy during the week, take the time on a Sunday evening to plan your meals and cook all your lunches in advance.

3. Talk About It: Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better, "Think Thin" Thursday's is a great place to meet new people with similar goals.

4. Reward Yourself: This doesn't mean that you can eat an entire box of chocolates if your resolution is to diet. Instead, celebrate your success by treating yourself to something that you enjoy that does not contradict your resolution. If you've been sticking to your promise to eat better, for example, perhaps your reward could be going to a movie with a friend.

5. Make a "Pro" and "Con" List: It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

February Spa Offer



Treat someone special this

valentines with our

Retallack Rejuvenation

*for only **£45** you will receive an*

Express Facial and a Back,

Neck and Shoulder massage.

Bookings can be made with reception

News at Retallack

We have a new instructor joining the leisure team!!! His name is Mike and he will be popping into some classes over the next month and getting to know you all so you may see him around the club. We will post a full introduction and let you know of all the wonderful things Mike is trained in, in next months newsletter.

Please know that if you are on the reserve list for a class you will not automatically be put on the top of the list for the following week. You must still book a place by either calling or speaking to someone at reception.

Thank you

Try this HEALTHY valentines meal



INGREDIENTS 1 orange-10 ounces sole-1/4 teaspoon salt-1/4 teaspoon pepper-2 tsp butter-1 shallot, minced-2 tbsp white-wine vinegar-2 tbsp chopped pecans, toasted-2 tbsp chopped fresh dill

PREPARATION

Using a sharp paring knife, remove the skin and white pith from orange. Hold the fruit over a medium bowl and cut between the membranes to release individual orange sections into the bowl, collecting any juice as well.

Discard membranes, pith and skin.

Sprinkle both sides of fillets with salt and pepper. Coat a large non-stick skillet with cooking spray and place over medium heat. Add the fillets and cook 1 minute for sole or 3 minutes for tilapia. Gently flip and cook until the fish is opaque in the centre and just cooked through, 1 to 2 minutes for sole or 3 to 5 minutes for tilapia. Divide between 2 serving plates; tent with foil to keep warm. Add butter to the pan and melt over medium heat. Add shallot and cook, stirring, until soft, about 30 seconds.

Add vinegar and the orange sections and juice; loosen any browned bits on the bottom of the pan and cook for 30 seconds. Spoon the sauce over the fish and sprinkle each portion with pecans and dill. Serve immediately.

Benefits of Working Out With Your Partner



The two of you may be at different fitness levels and have different goals, but that doesn't mean that you can't exercise together. There are plenty of reasons to give it a try.

Safety. With someone else watching your form and to spot you when you need it, you'll exercise more safely than if you were alone.

Quality time. Couples spend most of their time apart due to careers and other responsibilities. Instead of hitting the gym alone, plan a workout time that fits both of your schedules. You'll reach your fitness goals, without sacrificing that one-on-one time that every partnership needs.

A common interest. Add exercise to your list of shared interests and hobbies. The possibility for new, unique activities is endless and keeps things exciting. You can never have too much in common.

Motivation and support. Getting encouragement and praise from your partner is one of the best motivators. It'll help both of you remain consistent and take care of one another.

A deeper bond. Exercise produces chemicals in the brain that evoke feelings of happiness, reduce stress, and also increase arousal and libido.

Respect and pride. Taking care of your body and your health shows the person you care about that you want to be your best for them—and that you want to be around for years to come.