



We hope you all had a very Merry Christmas & a

Happy New Year

We're going to help make this year your fittest yet.

Welcome to our first ever e-blast! Our mission this year is to reduce our paper consumption and become a "greener" club.

A paper copy of our Newsletters will still be available to those who do not have an email address or if you would just like a printed copy.

Please ask a member of staff if you require one.

If you would like to change to e-blasts please let us know of your email address if you haven't already.

NEW STEP AEROBICS CLASS

Every Monday at 9am, with TRISH, suitable for all abilities but aimed towards beginners.

Please note that appropriate footwear is advisable (such as hard soled trainers) to prevent or avoid injury, or an existing injury from getting worse. Please book in at reception.

The best swim stroke to lose weight

Swimming increases your fitness, assists in recovery from injury, relieves stress and effectively burns calories. When you swim laps, your body encounters 12 to 14 percent greater resistance than performing the same movement out of the water.

The best stroke to lose weight is the one you perform best. When you swim efficiently, you waste less energy just staying afloat and you work out longer. Thrashing around doing a poorly executed butterfly will only exhaust you quickly and create turbulence around you. The number of calories you burn performing each of the four competitive strokes differs slightly due to the mechanics behind the movements.

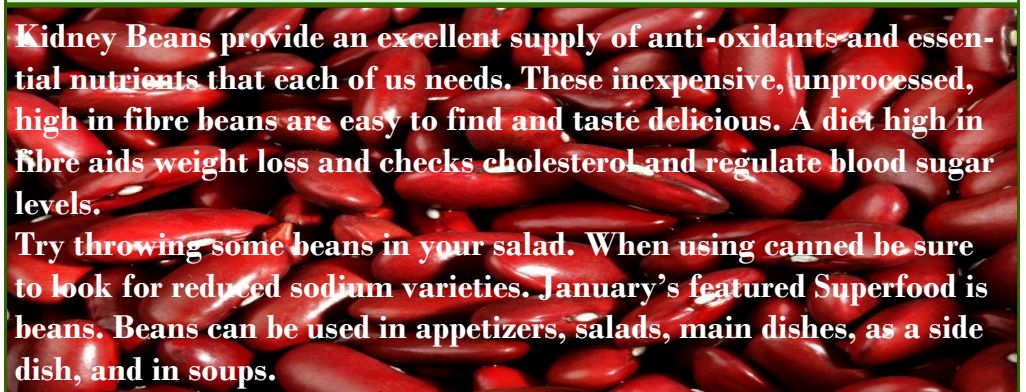
Once you are able to swim at least 30 laps continuously, perform swimming intervals. The more energy you expend during each lap, the more calories you will burn, thus enhancing your weight-loss efforts. Swim five laps of a fast freestyle, rest for 20 to 30 seconds, and swim 10 laps of breast or backstroke. Rest for a maximum of one minute. Either repeat the interval, or use the rest of your workout to swim steady laps.



January Superfood...Kidney Beans

Kidney Beans provide an excellent supply of anti-oxidants and essential nutrients that each of us needs. These inexpensive, unprocessed, high in fibre beans are easy to find and taste delicious. A diet high in fibre aids weight loss and checks cholesterol and regulate blood sugar levels.

Try throwing some beans in your salad. When using canned be sure to look for reduced sodium varieties. January's featured Superfood is beans. Beans can be used in appetizers, salads, main dishes, as a side dish, and in soups.



News at Retallack

- We now offer a selected 'pay as you go' class timetable: £5 per class
- Try something new this year, maybe our Saturday 'Run Club' or 'Think Thin Thursdays'?
- Step on a Thursday will now be at 5.30-6.15pm

WE HAVE LAUNCHED A BRAND NEW WEBSITE!!

CHECK IT OUT
RETALLACKRESORT.CO.UK

January Brings Birthday Wishes To.....

Susan Pillinger Lucy Stewart Faye Pearn Lesley Robins Sophie Trenouth
 Ruby Bray Janet Ferguson Tim Leadsford Geoff Spear Marie Staple
 Mavis Barnes Chloe-Anne Srell James Walton Susan Keen Thor Toppell
 Sarah Hodson John Bealing Collette Craig Maisie Pascoe Mark Durnall
 Thomas Turner Moira Brown Cathy Derry Alison Nicholls Anne Tarry
 Lloyd Bavin Joanna Bower Ross Macrae Claire Atherton Martin Chessell
 Charlie Wiseman



January Spa Offer

Detox Package only £65

(normally £85) Includes:

Decleor Detox Aromassage

Detox Oil & Salt Scrub

Detoxifying Facial

GOOD TO GLOW THROUGH WINTER

1. BODY BOOST

For a daily boost of radiance, use a body brush before your shower to stimulate circulation. Then apply a skin quenching moisturizer such as The Mama Mio Super Rich Body Cream



2. FACE UP TO WINTER

Protect your skin from the elements with a nourishing facial oil. The Decleor Neroli Aromessence suits most skin types but to get the correct one for your skin type please speak to one of our therapists for a skin analysis.



3. LUSTROUS LOCKS

Invest time in taking care of your hair. Extra moisture is essential, so look out for hydrating shampoos and conditioners—and make sure you do a weekly intensive treatment too.



4. RADIANCE REVIVAL

You'll want an extra burst of radiance in winter. Apply a primer under make-up for a smooth finish and go for a complexion enhancer to give your skin radiance. Book in for a St. Tropez tan, which will give you a natural golden glow, and you'll be hydrating your skin with much needed moisture at the same time.

