

★ **MERLIN FITNESS** ★

PUTTING THE MAGIC INTO YOUR WORKOUTS

Where does the time go I hear you cry! Welcome to another addition of the Merlin Fitness Newsletter. It can't have escaped your notice that it is now July and we are over mid way through the year. Six months have passed, and there is less than six months to go before 2011. Do I tell you this to depress you...no. It's a polite reminder that if you made health and fitness related resolutions this year, you should already be at least half way to achieving your goal.

If you wanted to lose two stone in weight, are you down 14 lbs?

If you wanted to lose two dress/waist sizes, are you half way there?

If you wanted to do 200 workouts, have you completed 100?

If you are heading for a target race or event later in the year, is your training on schedule?

If not, its time to take action today!

If your goal is weight loss - start today.

If your goal is to build muscle - start today.

If your goal is to go to the gym three times per week - start today.

Whatever your specific goal - start today.

50% of this year has passed, and if you don't make that commitment to achieving your goals now, before long 75% will be gone (October 1st) and then it will be 2011.

But how do you know if you are achieving your goals? Unless you have written them down and they are SMART (specific, measurable, achievable, relevant, time bound), how do you know if you are on the right path? If your goal simply says to 'lose weight', what does that mean? How much weight, at what rate, by when, scale weight or fat weight etc.

Has what you have been doing until now been giving results? I can't tell you how many people I see working out on their own at the gym, going through the motions several times a week, yet honestly haven't changed shape in the last year. Now if weight loss, toning or building muscle was not your goal, that's fine. But what if you joined the gym hoping to get lean and strong and nothing seems to be changing? If what you have been doing until now has not been giving you the results you desire, then evidently you need to do something differently to effect that change. Simply doing the same things which haven't worked in the past can only get you the same result.

Ask yourself what you need to do to make that difference. If weight loss was your goal, perhaps you haven't been as consistent with your workouts as you should have been, perhaps you have been allowing yourself more than the occasional 'cheat meal' each week, perhaps your lifestyle hasn't been helping you out (stress and lack of sleep leads to weight gain). What can you do to change that right now?

- * Hire a personal trainer to motivate you and design a programme so you can stay on track.
- * Keep a food diary so you can be accountable for everything you eat.
- * Agree with a friend that you will exercise together on a regular basis.
- * Buy the bike you have been thinking about and get out there and use it.
- * Join an exercise class or local walking group

Do not let excuses get in the way. If you really want to achieve something, begin by taking the first steps right now. Remember, the past does not equal the future, and even if you have been struggling with your goals, today is a new day and you can start again. Do not waste a single second. Life is too short to look back and wish that you had done things differently; there is no time like the present!

NORDIC WALKING

I continue to hold two regular Nordic Walking classes each week, usually a leisurely walk of around an hour on Thursday morning, and a two hour faster paced walk on Saturday afternoon. If you have already completed my improver workshop and would like to come along to one of the walks, the schedule is posted each week on my website.

For the regular walkers amongst you who already know what a wonderful form of exercise Nordic Walking is, why not spread the word to your friends and relatives? For every person you refer who goes on to complete my improver workshop, you will get a free group session. Full details and a class schedule can be found at www.merlinfitness.com

PERSONAL TRAINING

If you think that you need to be a member of a gym to have a personal trainer, then I will remind you that it's not true. I am very happy to work with clients of all ages and abilities utilising local parks, green space or even in the privacy of your own home. For those of you further a field, I have a new e-mail coaching service so I can be your guide even if we cannot meet in person on a regular basis. Starting next month I will also have the use of a small home gym to make it easier for some of my clients to work out with me. If you have yet to try the amazing Krankcycle, the fun ViPR, the challenging kettlebells or the versatile TRX, then why not give me a call to schedule a workout?

It is one of my missions in life to make the power of exercise accessible for everyone, from the young to the not so young, the healthy but unfit to those with medical conditions, and keen athletes to those in wheelchairs. I have over ten years of experience as a trainer, and guarantee that whatever your background or situation I can work with you to achieve the results you desire.

I come from a 'no excuses' mentality. If you are prepared to make the necessary commitment to being fitter, then I will be with you as your guide every step of the way. The discipline and consistency which it takes to build a better body is that same determination which it takes to be successful in so many other areas of your life. The lessons learned during a workout will make you not only physically stronger, but mentally stronger and more able to deal with life's ups and downs. Personal training is a financial commitment, but what price do you put on staying healthy and improving your quality of life? It's the ultimate investment in your future. Without good health, so many other things become harder to achieve. There is no time like the present to take that first step. Please e-mail me at beth@merlinfitness.com or call for further details.



No matter which way you look at it, a healthy body is priceless!

SPECIAL DEAL

We have started working closely with Saltash Sports (on Fore Street opposite the Co-op). They are going to be stocking a small range of Leki Nordic Walking poles and also offer anyone who mentions Merlin Fitness 10% off running / walking / sports shoes and many stock items (conditions apply).

Why not stop in and see Nick to experience what great customer service is all about?

<http://www.saltash-sports.co.uk/>

Q&A

Do you have a question about health or fitness? If so why not send me an e-mail to beth@merlinfitness.com and I will do my best to answer it. Look out for the Q&A (anonymous of course) section in upcoming newsletters.

If you would like to unsubscribe, please send a message to beth@merlinfitness.com with 'unsubscribe' in the subject line.

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