



Pudsey Members Newsletter

November 08

It's Happy 1st Birthday to Pudsey LadyZone! It has just flown by and I wanted to thank all the members that supported us right from the beginning and continue to do so. Most conventional gyms expect 100% of their members to drop out within their first year so it's great to know that many of our original members are still continuing to work out and hopefully feeling much fitter, slimmer and healthier for doing so.



At some point, it is inevitable to have a drop in motivation with your gym regime. However what's important is that it is a temporary lull and that you do get back into the swing of things.

A common concern for most people embarking on an exercise programme is that they will find it boring. A newsflash for you. Exercise is BORING! Most of us can think of hundreds of other things we'd rather be doing—myself included. But it's something that we need to commit to doing for a LIFETIME in order to stay fit and healthy. And at LadyZone I firmly believe that we've got a formula that minimises the boredom factor without compromising on effectiveness. I'm sure you all have days when you have to talk yourself into coming to the gym. But 30 minutes later—you're done. Isn't your health and well-being worth a measly half an hour, just a few times a week?

I guarantee you the benefits far outweigh the perceived costs.

See you soon.

Karen

TEST YOUR REACTIONS



Continuing on our theme of controlling emotional eating, Step One is: **Take ownership of your reactions**

"There is no reality, only perception"

Look at the stressful situations you experience in life. Do you find at those times that you're reaching for comfort food? It's so common and easy to justify eating at times of anxiety. However, in truth, no event, no person, no stressful situation can make you eat a whole packet of biscuits. What initiates stress and anxiety is your **response** to the stressful situation. Remember you respond not to what happens in the world but instead to your interpretation of those events. In other words, it is what you think about and how you evaluate an event that determines how you feel, as well as what you do in response.

Suppose, for example, that you apply for a job that you really wanted, but you are not hired. That is an external event to which you had some internal reaction. It is your internal reaction to not being hired that impacts your emotions, not the actual event. Let's say your inter-

but you are not hired. That is an external event to which you had some internal reaction. It is your internal reaction to not being hired that impacts your emotions, not the actual event. Let's say your internal reaction is "OK, I don't like getting turned down. But I know in my heart I am a talented, capable and competent employee and I will apply for another job." You are being rational, realistic and you are not likely to get upset and suffer a huge blow to your self-worth.

On the other hand, maybe your internal reaction is, "I'm such a loser. I blew the interview, it was so humiliating and I got what I deserved. That job was too good for me, and I'm really not good enough to even apply for it. They knew I was out of my depth." It's no wonder that you end up turning to food for comfort.

What happens in the wake of that kind of thinking is a feeling of stress or maybe some other emotion like depression. You believe that not getting the job made you upset, when in fact it was your thinking about the situation that hurt you. Not getting the job isn't what upset you, it is the thoughts you have about the situation that are causing the emotional pain.

Whatever the situation, you can choose your reaction. No matter what the circumstances, your interpretation of those events is of your own choosing. The events in your daily life have only the meaning you assign to them.

If your response is counterproductive, test your perceptions more often and become more accountable for how you react to the stress and problems in your life. Stop being overly sensitive to the negatives while filtering out the positives. Maintain an active, ongoing awareness of your reactions, and recognise where your outlook is distorted so that you can make adjustments.

Please be aware, I am not suggesting that you should interpret everything that happens to you in a Pollyanna fashion. Obviously that would not always be a rational reaction, for example during times of death or divorce. However you do have a choice about whether that event will be your absolute undoing, or whether it becomes something you deal with in a constructive manner. The latter choice means that you will create meaning and purpose out of your suffering.

Next Month: Step Two - Resolve, rather than react to, life's problems

MEMBERS EVENING

We've had a fantastic response and only have about 5 spaces left for the Members Evening so get in quick if you'd like to join us. See the posters in the gym for the full line up of speakers.

Please be aware that when we hosted a similar evening in May, we were fully subscribed and had to disappoint quite a few people and then had people not showing up on the evening. If you have put your name down, but are unable to attend, please let us know as early as possible so that we can let anyone on the reserve list know.

LADYZONE CHRISTMAS PARTY

The Christmas Party is going to be held at the Stroom Restaurant on Thursday 11th December. The price per person for the three course meal and disco is £25. If you'd like to join us, please let us know asap, together with a £10 deposit.



OCTOBER AWARDS

LadyZone is pleased to announce the October Award



OCTOBER AWARDS

LadyZone is pleased to announce the October Award winners.

Best Review Results— Goes to **CAROLINE MARSTON**. She has lost 8lbs and 26.5cm in just 6 weeks. Fantastic results. Well done Caroline!

Best Monthly Attendance – The person with the best attendance is again PAT CORSON, who attended an amazing 28 times. However, as she has wiped us out of prizes recently, I'm sure she won't mind us recognising the member who came second this month— our resident Belly Dancer, **JAN HUDSON**— with 24 visits.

Best Female Impression of 'The Odd Couple'— The gym is never quiet when these two are in together: **MAUREEN BRADBURY** and **JOAN DALY**. We love you ladies!

Prizes to be collected next time in the gym.

Best wishes as always

Karen



Please send any comments to pudsey@ladyzone.co.uk

