



Pudsey Members Newsletter

August 08

We've had a great couple of months in terms of bringing new members in—thanks to everyone who has been recommending us to friends. Word of mouth is so important to us. And don't forget that during August you can **Bring a Buddy** to the gym for a week for free and they'll be treated like a full member. Just get them to book an induction—and if they join, you get your choice of beauty treatment or Better You product. We've had some great feedback from members using the products so it's a good way to try them out for yourselves free of charge!



Best wishes

Karen

REWIRING YOUR BRAIN...

Last month we talked about challenging negative beliefs – are they true and do they serve your best interests? Did you pay attention to the narrative going through your head? What sort of things are you saying to yourself? Are they fact-based, or more emotionally-led? In order to change the way you think, it's useful to understand how your brain is wired. Are you aware that your brain is actually a complex, powerful computer?

Your brain, and more specifically, your subconscious mind, takes in whatever you feed it (your thoughts), and then *without question*, returns the result to you. The old saying, "rubbish in, rubbish out" is so true. The subconscious doesn't question what it is fed. Whatever goes in is accepted as *truth*. For example, what if your input is "I will never lose weight. I will always be overweight." Your subconscious mind will accept these thoughts, agree with you completely, and graciously help you to find any and all evidence in your life to support them. It will help you focus on how hard it is to get to the gym with the number of hours you work and how you don't have any time to cook healthy meals.

What if you tried telling yourself: "I love the taste of fresh fruits and vegetables. My body is slender and fit." Your subconscious mind will *also* take this input (it does not know the difference between true and false, it accepts all input), and it will be happy to help you to support *these* thoughts in your life. It will find the evidence for you that: I *can* find 30 minutes to go to the gym... Just because I only have a short lunch break does not mean that I can't eat a healthy meal. Your brain will find creative ways to help

How Can You Reprogram Your Powerful Brain?

One way is with affirmations. Affirmations are statements that are spoken, written, or thought repeatedly.

Write down a positive thought that you would like to turn into a belief in your life. For example, start with something simple, like "I can lose

Write down a positive thought that you would like to turn into a belief in your life. For example, start with something simple, like "I can lose weight". Write this out 10 times. While you were writing it, did you believe it? Probably not, unless of course you already hold this belief, then you would write something else. Next, write your affirmation again 10 times, however *each time* you write it, *also* write down the first thought that pops into your head, your immediate response. Here's an example of what yours might look like:

- I can lose weight. There's no way, I've tried too many times
- I can lose weight. It's too hard
- I can lose weight. I don't want to starve myself
- I can lose weight. I can't give up sweets
- I can lose weight. Who are you trying to kid?
- I can lose weight. I can't be bothered.
- I can lose weight. Why should I?
- I can lose weight. Give me a break!
- I can lose weight. This time won't be any different.
- I can lose weight. I get too hungry

You might be amazed at what you uncover. You may find a lot of anger, hurt, perhaps shame, embarrassment, and fear. Whatever you find, these thoughts are your unconscious responses to the changes that you are trying to effect in your life.

So what if you have been toiling away in the gym but underneath, your subconscious mind is fighting you with all its might? It believes that exercise is a waste of time, that it's better to stay home and sleep, and that this is a phase, it's only temporary. Look at the power that these thoughts hold in your life, and you are not even aware of them!

Write One Affirmation per Day

Start now by making a commitment to yourself to write one affirmation a day, followed by your immediate, unconscious response. Write your affirmation 10 times, or more if you want. The more you do this, the quicker you can uncover those beliefs and negative thoughts that are wielding the power in your life, while at the same time, imprinting new, positive beliefs.

What you are accomplishing by writing down your negative responses is to bring them into the light, into your consciousness. Once you are consciously aware of them, then you can work to change them. Until you know what they are though, you will continue to be affected by them in your actions, in your life. You will end up taking those negative beliefs and making positive affirmations out of them, to uncover more negatives.

As you can see, this process can be applied to any area of your life: money, relationships, work, home, anything. Our focus in this topic is weight loss, but there is no reason that you cannot go for it and begin to make changes in other areas of your life.



JULY AWARDS

LadyZone is pleased to announce the July Award winners.

Best Review Results— This month we have joint winners - **DOT LOCKWOOD** and **SUSAN LOOBY**. Since they joined the gym earlier this year, they have both lost a massive 33 and 32lbs respectively and are continuing to disappear before our eyes!



both lost a massive 35 and 52lbs respectively and are continuing to disappear before our eyes!

Best Monthly Attendance – The competition for attendance hots up. We have another new winner—**PAULINE FLYNN** who visited the gym an amazing 28 times in July.

Best Prize Fighter—Goes to **JULIE PHELAN**. She packs quite a punch in the gloves—so much so that Nikki has had to go on holiday to recover! Well done for working so hard.

Best LadyZone Postie—Thanks to **WYN SIDEBOTTOM** who just happens to arrive at the same time as the post every morning and very kindly brings it up for us! You're a star Wyn!

Prizes to be collected next time in the gym.

BONE DENSITY TESTING

We are currently booking appointments for Bone Density Testing on Monday 1st September. The test gives you the opportunity to find out how significant your risk of developing osteoporosis is. You may be thinking that you'd rather not know if you're likely to develop brittle bones, but as the disease is preventable and treatable, better to catch it early, rather than finding out through a fracture.

As well as the test, you also receive nutritional, exercise and lifestyle advice tailored to your results. All this is available for £30. These tests usually cost between £37 and £50 and are not easily to get on the NHS.

To book, please talk to a member of staff.

INTRODUCTION TO SAM

Hopefully most people will have met our new member of staff—Sam. She has taken over from Corinne and will be working Tuesday afternoons, Sundays and covering for holidays. She's an experienced fitness instructor, previously working at Virgin Active in Leeds. In terms of hobbies, she's in the Territorial Army—so I'm just hoping she doesn't get called up time soon!



Corinne is now running her own LadyZone in Shipley so I'd like to wish her the best of luck and thanks for all her hard work at Pudsey.

PUDSEY 10KM RACE



Congratulations to Rebecca Thresh who completed the VERY tough Pudsey 10km course in an excellent time of 1hr 11mins. Marathon next Becks?

Doesn't Rebecca look lovely on a Friday night out in Pudsey?! Just kidding. Picture taken at a fancy dress party and I was looking for an opportunity to use it! Cheers Becks!



Take care everyone and hope to see you all soon.

Best wishes

Karen



Please send any comments
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