

Pudsey Members Newsletter

September 08

September is here, the kids are back at school and if you've enjoyed the summer a bit too much in terms of over-indulging and not exercising enough, it's time to get back on track. After all, it's only 4 months to Christmas—but still plenty of time to get into the party frocks.

The best way to stay motivated and challenged in your workout is to have regular reviews. We do try and keep up to date with member reviews, but if you haven't got one scheduled and want one, please talk to a member of staff.



Best wishes

Karen

ARE YOU AN EMOTIONAL EATER?



This newsletter looks at ways of controlling emotional eating so you can stop turning to food for answers. Food isn't the answer. The solutions lie inside of you.

Everyone has an irrational and destructive emotional side to their personalities that rears its ugly head during times of trouble – unpaid bills, wayward children, marriage problems, job stress etc. You sink into depression or become unglued with stress, you lash out, say things you wish you hadn't, become bitter and resentful and live with guilt and shame, and these emotions influence the way you behave. It is during these emotionally charged moments in life that these feelings can trigger emotional eating.

Almost instinctively, when we feel stress, anxiety or depression, it is a natural human impulse to turn to food – and for a physiological reason. It's a long established fact that food triggers certain natural chemicals and that these chemicals have a stabilising effect on mood and mental functioning. The problem is that in these moments we tend to reach for foods such as biscuits, sweets or ice cream –comfort foods – all the things that cause weight gain. For many people, foods like these can be as damaging as cigarettes, drugs or alcohol, and they can be just as difficult to give up. Physiologically these foods do deliver a mild and short-lived high.

Habitually using food as a drug in order to cope with emotional pain and stress can quickly overtake you and become an addiction, with terrible side effects such as weight gain, poor body image and severe self esteem problems. When you routinely abuse food as a drug, eating inappropriately, you leave yourself with a residue of guilt, depression and more stress and anxiety – so you turn to food again. It becomes a vicious circle.

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Never in your life will you be without emotional pain and stress – problems, challenges and difficult moments are simply a part of living. You know that if things are going well at home for example, you can count on conflict at home or vice versa. There is rarely a time in your life when all is peace and balance. That is neither good nor bad, simply a part of how life works. To be alive means to experience emotions, painful or otherwise.

Living with unchecked emotional pain, however sucks the pleasure out of life. It is absolutely incompatible with everything you want, need and deserve, including proper weight management, good health, an active life etc. That is why regaining emotional control is absolutely crucial.

More than 50% of all overweight people use food to cope with depression, anger, stress and other emotions. Are you among them? If you identify with the following statements, you could well be an emotional eater...

I munch when I get bored.

I eat when I get depressed / lonely / anxious.

I crave some foods.

I eat even if I am not hungry.

I think about food a lot of the time.

I eat to relax myself and relieve stress.

I always clean my plate so as not to waste food.

In the next newsletter, ways to tackle emotional eating...

GYM ETIQUETTE

We have been fortunate enough to get lots of new members over the summer. New members are obviously essential to the success of the gym but the consequence is that it is also much busier. We are finding now that at peak times that members are sometimes having to queue.

In order to avoid this inconvenience, we strongly advise members to start utilising the appointment system. It terms of etiquette, this means that members who have not booked need to ask any ladies arriving after them whether they have booked that slot and if so, allow them to go first. In order for the system to work the onus needs to be on the person that hasn't booked to ask so that the person who has booked doesn't feel uncomfortable.

The system does work extremely well at other LadyZone gyms. It just involves a change in mindset and getting into the habit. Experience shows that booking appointments means you will commit better to your workouts, give you better results and deliver a better experience.

Please could everyone also ensure they wear clean shoes in the gym. We strive to create a pleasant, clean environment but it is difficult to maintain when people come in with muddy shoes. This is particularly important for the free station mats when people are lying down.

Thank you for your understanding.

MEMBERS EVENING

We are pleased to announce the date for the next Members Evening—**Friday 14th November**. We are extremely honoured to have Kay Baxter, Consultant Dermatologist as a speaker.

Friday 17th November. We are extremely honoured to have Ray Baxter, Consultant Dermatologist as a speaker.

This is a unique opportunity to get expert advice on all aspects of skin-care including cosmetic care, dermal fillers, skin peels, wrinkle relaxants, anti-aging creams, hair removal, thread veins and how to camouflage flaws. She will also be demonstrating the latest technology in 3D mole scanning and talking about how to be sun-smart. Definitely an opportunity not to miss. Places are limited. Further details will be issued shortly.



AUGUST AWARDS

LadyZone is pleased to announce the August Award winners.

Best Review Results— Goes to **PAULINE FLYNN** who has lost 24.5cm since joining the gym 12 weeks ago and is now complaining about having to buy new clothes!

Best Monthly Attendance – The winner for best attendance is actually **PAULINE FLYNN** (note the correlation between attendance and results!) who visited the gym an amazing 29 times in August. As Pauline is already getting a prize, an award also goes to 2nd place, who is **PAT CORSON**, who attended 20 times.

Well done ladies.

Kick Boxing Queen—Goes to **HARRIET FLYNN-O'NEILL**. She enjoyed the boxing free station so much that she has joined a kick boxing club. She is loving it and says that it's thanks to being fitter from coming to the gym that gave her the confidence to give it a go.

Prizes to be collected next time in the gym.



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

