



Healthy Vibes

See this feature at www.shstar.co.uk

MAKE 2007 YOUR YEAR TO HAVE FUN AND GET FIT!

Speedy fitness results guaranteed at Yateleys

YATELEYS Health & Fitness is offering you the chance to get fit after Christmas and The New Year celebrations for **NO JOINING FEE!**

In addition they are offering the first 50 members to join between January 2 and January 31 a FREE Powerbar drinks bottle and two FREE personal training sessions.

At Yateleys they pride themselves on the service they provide for you. In your first six weeks of joining you will have four appointments with an instructor before further six weekly reviews where you can see that you are achieving results. A major part of achieving results is setting realistic goals. At Yateleys they look at your goals and make them real! Whether it be losing weight, running a marathon or just attending three times a week then Yateleys is FOR YOU!

If you are intrigued and want to know more then go along to Yateleys Health & Fitness in Yateley School or call 01252 746962 to book an appointment. But hurry to take advantage of their fabulous offer!



Salsa burns those calories

NEW YEAR! Why not learn something new and exciting. Learn to dance Salsa!

Salsa dancing burns up to 800 calories an hour so if you have eaten too much turkey and Christmas pudding then what a fun way to burn it all off. So what are you waiting for?

Classes are held every Wednesday night in Fleet at The Albert Club, 47 Albert Street.

The professional team of teachers is there to teach you and make you feel at ease. Lyndsey Holloway who runs 'Salsa Ambiente', has been dancing salsa for 11 years and is U.K.A Qualified. So if you have never danced salsa before. Don't worry they can teach you. Starting with a warm-up at 8.30pm then salsa classes follow. They have practise dancing after the classes until



11.15pm where you can stay around and practise what you have learnt, have a drink at the bar or just socialise. So just turn up with or without a partner. Beginners very welcome.

Your first lesson is free, if you bring the advert in this feature. No need to book, just turn up and pay on the door each time you come along. It's £7 for class and club. Salsa helps you get fit, gain confidence, and meet new friends. The music is fantastic and upbeat and makes you want to dance. So whatever age or size you are go along and have some fun!

For more details please visit www.salsaambiente.com or e-mail Lyndsey at enquiries@salsaambiente.com Call 07796 537054.

Tai Chi in Farnborough

ANNOUNCING a FREE talk and demonstration on Tuesday, January 9, at Oak Farm School, Cove.

Learn how Tai Chi evolved from the fighting drill of a village militia to a deadly martial art whose secrets were handed down from father to son.

You will discover why Tai Chi was modified to become the slow, gentle exercise that we know today, emphasising the health, relaxation, and posture benefits.

At the end of the evening you can be the first to sign up for the course that begins the following week at the same time and place and runs until Easter. Anyone who signs up for the whole course next Tuesday night gets a 10% discount on the course fee.

The club is Wu Tan UK. They have been established since 1991 and have run successful courses at Oak Farm for over eight years.

So do something different this year. Bring yourself in some loose clothes and flat shoes to Room 506, Oak Farm Community School, Ballantyne Road, (off Mayfield Road), Cove, Farnborough. Next Tuesday, January 9 at 8.30pm.

Unveil a new you this new year with LighterLife

NOW is the time to put your New Year's Resolutions into action.

If you have three or more stone to lose and have decided that this is the year to shift it for good, LighterLife is the Programme for you.

LighterLife is a weight loss and weight management programme designed specifically for men and women with a Body Mass Index of 29 or over.

The medically monitored Programme, which is run by LighterLife Counsellor, Suzanne May, has been running

for 11 years and was founded by three professional women with personal experience of obesity, who wanted to offer a lasting solution to the familiar pattern of yo-yo dieting.

It uses a powerful combination of Cognitive Behavioural Therapy (CBT), Transactional Analysis (TA) and a low calorie, nutritionally complete diet to help clients to lose the weight and make lasting changes in order to keep it off.

Clients consult a GP

before starting on the Programme and return regularly to check their progress.

As a trained Counsellor, Suzanne uses CBT and TA in small, single sex groups to help clients understand, address and overcome the reasons behind their weight gain and to develop a new relationship with food.

The nature of the weekly groups is extremely supportive and clients can also make additional 'pop in' visits to Suzanne if they feel they need some extra help.

"The LighterLife Programme is the only national weight loss and weight management plan

that looks beyond food, to examine lifestyle and emotions in order to help clients to break the weight loss / weight gain cycle and make lasting changes," said Suzanne.

"There is a huge sense of achievement as clients lose weight. Being obese affects health and fitness and can also dent people's confidence.

"As the weight comes off, clients' health and fitness levels improve, many are able to come off long term medication and some find that they can do things they have never done before that others take for granted, such as run around with the children, go for job promotions or plan a trip of a lifetime abroad,"

Suzanne added.

If you want to make 2007 the year that you that you make lasting changes to your weight and lifestyle, contact Suzanne on 01252 377490

or 0870 999 2509 and book a free appointment to find out more about what LighterLife can do for you.

You can also visit www.lighterlife.com.

Salsa Classes

1st lesson free (with this advert)

Monday @ The Refectory, Guildford
Staghill, Guildford Cathedral

Starts 8.15pm with a warm-up then lessons in 3 groups till 10pm | 10pm - 12am Salsa Club

Wednesday @ The Albert Club, Fleet
47 Albert Street, Fleet

Starts 8.15pm with a warm-up then lessons in 3 groups till 10pm | 10pm - 11.15pm Salsa Club

For details contact **07796537054**

www.salsaambiente.com | enquiries@salsaambiente.com

Call us now on:

01252
746962

Yateleys
Health & Fitness

NO JOINING FEE!

Do you want to join the newly refurbished **Yateleys Health & Fitness**? Do you want to get fitter? Do you need to release stress? Do you live locally? If you answered **YES** to **ANY** of these questions then Yateleys for you?

We will offer you **NO JOINING FEE** if you join before January 31, 2007.

YOU WILL GET RESULTS!

<http://www.yateley.hants.sch.uk/centre/gym>

School Lane, Yateley, Hampshire GU46 6NW
Telephone Number 01252 746962

Membership Includes:

- Gym
- Sauna
- Steam Room
- Spinning
- Running Club
- Circuits
- Early Swimming (7:00-8:00 AM)

PLUS FREE car parking!

"We lost 17 stone between us and gained a whole new lifestyle!" **Mike & Andrea**



If you're looking for a fast, safe and effective way to lose weight and understand your eating habits, then the LighterLife Programme is your answer. LighterLife is unique, it's for people with 3 stone or more to lose and is so much more than a diet. It's about finding the real you and making long term changes to improve your health and lifestyle.

LighterLife Foodpacks provide all your daily nutrition and a qualified LighterLife Counsellor provides valuable support to enable long term results.

Suzanne May (Farnborough)
01252 377490

LighterLife
Life in balance
www.lighterlife.com