

# New Years Resolutions

## Advertising Feature

### ■ RIVERS HEALTH AND FITNESS CLUB

HIDDEN away on Scours Lane is Tilehurst's best kept secret – Rivers Health and Fitness Club. It's out of town location is the perfect place to spend your leisure time. Set in 15 acres of lush green sports fields, Rivers boasts a fully equipped gym, complete with steam room, sauna and jacuzzi. Both tennis and squash are also free to its members. Rivers prides itself on its high level of service to members. Each member is assessed upon joining and given a personalised programme to aid them

in achieving their goals. Rivers has more than 20 classes running each week, many of which are free to members. These range from high energy classes such as body pump and body combat to more holistic classes including yoga, tai chi and pilates. To arrange a complimentary trial visit call (0118) 942 4130.

### ■ CHILTERN MEDICAL

YOU can enjoy the latest, state-of-the-art lasers coupled with personalised service for hair removal. Your private consultation will include one-on-one time with a specially trained

nurse. It has the benefit of being quick, safe and effective on any part of the body. It is unusual to develop any complications from this treatment. The nurse will be happy to discuss with you any risks involved in laser treatment.

The Chiltern Medical Clinic is unique in that it is totally dedicated to cosmetic dermatology and dermatological surgical treatments. Dr Munnely and his nursing colleagues treat a vast range of conditions by using lasers and also more traditional surgical methods for removing skin lesions and blemishes. The treatment of broken facial veins has become a very successful and popular

treatment at the clinic. Simply call now, for your free, no obligation consultation and find out how laser hair removal can change your life for the better on 01491 873 989 – [www.chilternmedical.co.uk](http://www.chilternmedical.co.uk).

### ■ CURVES LOWER EARLEY

NOW the excesses of Christmas and the New Year are behind you, I'll bet many of you are thinking of a way to trim away some of that extra weight and those worrisome inches. Some of you will have heard of the rapidly expanding number of Curves ladies fitness centres.

The good news is that a new centre is opening at Lower Earley on January 15 within the Maiden Lane shopping centre, off Kilnsea Drive, with free car parking.

After joining Curves, members will be helped to say goodbye to unhealthy lifestyles, unattainable diet resolutions and unreasonable fitness regimes. They will also be given a new outlook on exercise and eating sensibly. The 30-minute fitness programme includes a combination of strength together with cardiovascular training: these will increase metabolism and burn fat. With nutritional guidance, women

## Laser Hair Removal Specialists

Call for a **FREE** Consultation  
01491 873 989

[www.chilternmedical.co.uk](http://www.chilternmedical.co.uk)

- Treat any part of the body
- Men & Women
- Medically Qualified Nurses
- Competitive pricing

**CHILTERN** medical clinic  
Dr N Munnely  
Medical Director

1 Thames Court, High Street, Goring on Thames, Oxon RG8 9AQ



**BENEFICIAL** – Pilates is a gentler form of exercise

## You've only got 30 minutes to work out. Don't waste it at the wrong club

- ✦ Check the club's success record. Over 4 million women who thought they could never get fit have discovered they can at Curves. No other club can say that.
- ✦ Make sure there's friendly staff to help when you need it. The staff at Curves are dedicated to helping you stick to your plan and reach your goals.
- ✦ Are the machines designed just for you? Curves' entire circuit was created just for women. It fits your body and is easy to use. Plus, all of our machines use hydraulic resistance allowing for safe, effective strength training.
- ✦ Will you be able to find a place to work out when you travel? Curves has over 10,000 centres worldwide.
- ✦ Make sure it's fun and fast. Our members tell us that they started coming to Curves because they 'should' but they keep coming because they want to.

When you're ready, call Curves and discover what over 4 million women already know:  
There's only one Curves. The others just try to be.



[www.curves.com](http://www.curves.com)

**Curves**

The power to amaze yourself.™

**0118 9582222**

24a Richfield Avenue  
Caversham, Berkshire RG1 8EQ

Offer based on first visit enrolment, minimum 12 months direct debit. Not valid with any other offer. Valid only at participating locations.

Join Now  
Save £119 joining  
fee and get 1  
month **FREE**

©2006 Curves International

Offer Valid through 31st Jan 07  
12 months direct debit

who thought that they could never lose weight will indeed amaze themselves.

The facility is designed so members can work out without being viewed by the public on safe equipment designed with only women in mind.

Curves staff will coach, motivate and support you during each visit but you'll also find a friendly atmosphere and encouragement from other women.

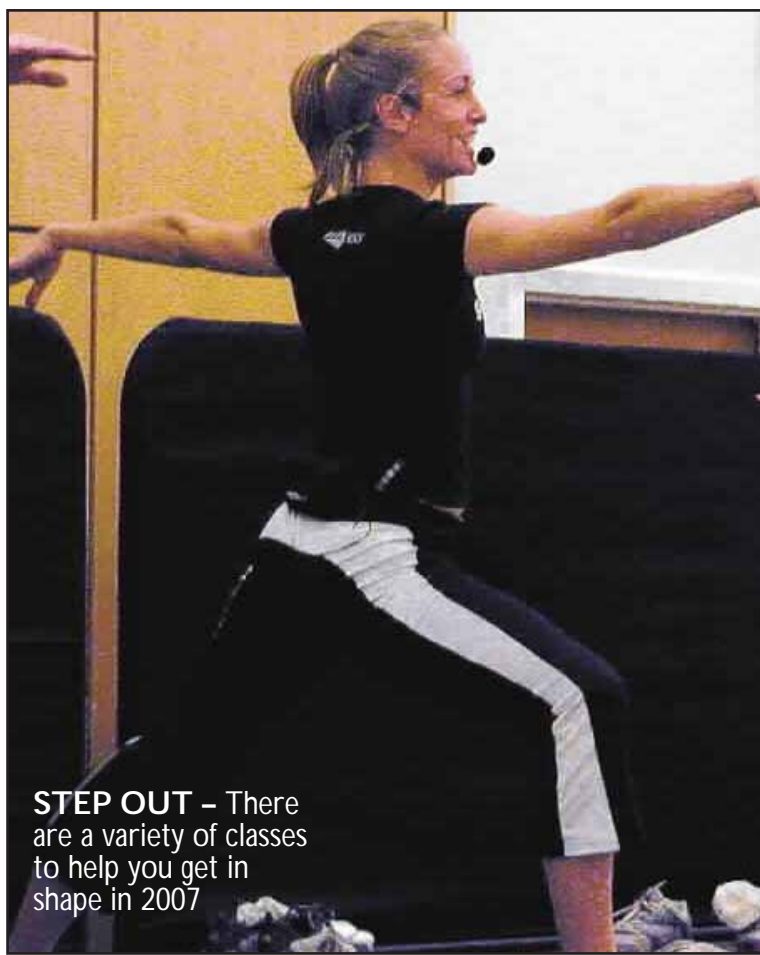
Just drop in and find out what Curves has to offer and how the programme can work for you. It really is a fun 30 minutes that will absolutely fly but, more importantly, you will be on the road to achieving your goals of looking and feeling good.

#### ■ CURVES CAVERSHAM

CURVES, the world's fastest growing fitness franchise is launching its new 6 Week Solution weight management classes at Caversham Curves.

Classes begin Wednesday, January 17, and for the first time are open to members as well as non-members of Curves.

"We are really excited to be able to offer our revolutionary weight management program to all of the women in our community, not just our members," said Katie Barrett of Curves. "The classes provide a lot of support and there is absolutely no obligation to purchase a Curves membership." The cost of the program is £40 and includes weekly classes, guidance, a copy of the new, more robust Member Guide (with expanded shopping lists, new recipes, and more).



**STEP OUT** – There are a variety of classes to help you get in shape in 2007

"The value of this programme is incredible," said Katie, "plus, it's proven to help women lose weight and teach them how to keep it off for life without endless dieting. Who doesn't want that?" Numbers are limited so don't delay in booking your place. The new 6 Week Solution includes modifications based on the results of an ongoing five-year study of the effectiveness of the Curves

programme conducted by researchers at Baylor University, Texas. To sign up for the Curves 6 Week Solution, call (0118) 9464842 or stop by the club. Curves is located at 24a Richfield Avenue, beside the Mercedes garage.

It is offering a zero per cent joining fee (saving £119) and one free month for those joining in January based on 12 month DD payment.



## Rivers Health and Fitness Club



# 'Kick-start' Your New Year @ Rivers Health & Fitness!



Open 6.30am-10pm week days, and 7am-7pm weekends  
Sauna, Steam room and Jacuzzi  
Fun and varied fitness classes  
Free fitness assessments and personal programmes.  
Free Tennis and Squash

Situated just off Oxford Rd (A329), in Scours Lane. Proceed under the railway bridge and turn right.

Join before  
**21st January 2007**  
Pay nothing until  
**February 2007**  
and receive Three  
**30 min Personal Training Sessions FREE**

Terms & Conditions apply. Cannot be used in conjunction with any other Rivers Offers  
\*\*cannot be booked until Feb 07

**Rivers Health Club**  
Scours Lane, Tilehurst, Reading, RG30 6AY  
Phone: (0118) 942 4130 Fax: (0118) 945 1315  
Email: rivers@ibisclub.co.uk

" We lost 17 stone between us – now we're light on our feet when we cross the dance floor! "

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 so much more than a diet. It's about finding the real you and making changes to improve your health and lifestyle forever.

- A weight-loss and weight-management programme specifically designed for people with 3 stone or more to lose.
- LighterLife Foodpacks provide all your required daily nutrition and enable quick and safe weight loss.
- Valuable support and encouragement from a qualified LighterLife Counsellor for long-term results.

**Gillian Whipp**  
Caversham, Reading  
**0118 323 4102**  
**07811 124202**

  
**LighterLife**

www.lighterlife.com