

# The Vibe

relax

restore

recharge



*Our aim is to find new ways of solving age old lifestyle problems in an environment that is fun, fresh and that's why we do our most successful work outdoors!*

## NEWSLETTER HIGHLIGHT

### Pooler Park Fitness Trail

It's here at last! After my initial proposal 4 1/2 years ago, Pooler Park has officially launched Phase 1 of it's outdoor Gym!  
You will find Phase 1 on the South side of the Park nearest the under paths that lead to Baiter Park. Enjoy!



## VIP RELAXATION LOUNGE

*Leading physiotherapist **Martin Haines** reveals how Tiger Woods' swing has contributed to the serious knee injury that has brought his 2008 season to a painful and premature end.*



There are two cruciate ligaments in the knee; the anterior and posterior. The anterior is more familiar to most people as this the ligament that is most commonly damaged.

Its role is to keep the knee stable in conjunction with the cartilages and muscles of the knee. It is rich in tiny cells that are effectively 'strain gauges', and their job is to make sure the brain knows the position of the knee and the load going through it.

With this information the brain is then able to make decisions as to how much muscle tone is required to enable the knees to safely and effectively carry out the task they are being asked to perform.....

[Click here to read more](#)

## RESTORE ROOM

The Green Gym Co would like you to represent Buggyfit in the Bournemouth Race For Life this year.

It's on Sunday 21st June and we would like to run in the **11am** race.



If you want to enter, NOW is the time to register! By 17th March last year the race was full, so please get your entries in ASAP. Please register online individually but we will team up on the day.

You can walk or run the 5km in the UK's largest women-only fundraising event.



[More Details](#)

## RECHARGE MEDIA ROOM



[1 minute FREE Online Health Assessment](#)

Statin reduces Coronary Heart Disease by 13%

Fish Oil reduces Coronary Heart Disease by 23%

Vitamin E reduces Coronary Heart Disease by 50%

Email: [greenymcompany@btinternet.com](mailto:greenymcompany@btinternet.com) if you would like to share some news, views or media information with us.

## DATES FOR DIARIES



International Woman's Day - **8th March**

No Smoking Day - **11th March**

Red nose Day - **13th March**

Intelligent Training Systems at Loughborough - **15th March**

St Patricks Day - **17th March**

Mothering Sunday - **22nd March**

Intelligent Training Systems at Basingstoke - **22nd March**

British Summer Time Begins - **29th March (Clocks move forwards 1hr)**

## NEW PRODUCTS AND SERVICES



### Paediatric First Aid Course

**Sunday 3rd May 2009**

Call Bev on 07740 816 009 to book your place

**9.30 am. – 3.30 pm.**

BWT Physiotherapy Centre  
41 Church Road,  
Parkstone, Poole, BH14 0NN

**Course fees: £75**

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