

The Vibe

relax restore recharge

Hi «Name»

Happy New Year to you all!

What a stunning sun rise! Yes... it's early!

With Earl Grey Tea in hand, reading the **National Press**... the latest in the economic crisis at the moment is **way's to beat the Recession**. Top 4 jobs to be in to guarantee **security of income and longevity**... first on the list... **Health Care!**

Not only do I 'love' everything I do within the industry but it's the **safest career to have**... Great.

'Everyday's a school day for me'... learning and developing all the time. In **this months** Newsletter we have some fantastic contributions from the **leading official on Biomechanics**, Martin Haines in the VIP Relaxation Lounge, the best products in the Restore Rooms and stacks more information to keep you all energized in and through February!

Enjoy the exercise video clip...

Keep it real and realistic.

To x



Volume 1, Issue 2, Jan 2009



7th March 2009
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Newsletter Spotlight

Metabolic Profiling

Working out **regularly and hard** doesn't mean that you're training efficiently.

One simple assessment will make sure your efforts really count as your metabolic profile is the key to efficient, successful training.

[More Details](#)

VIP 'RELAXATION' LOUNGE

Martin Haines has worked with five **Olympic gold** medallists, collecting **23 medals** between them. In addition, he has worked with **premiership football and rugby teams, McLaren Formula One Racing Team, the PGA**, and more recently he has worked with **UK Athletics**. Martin is a very sought after presenter, and has **presented globally** on the subjects of **biomechanics, rehabilitation, conditioning and functional training**... and guess what? We have him writing for our newsletter for your members! **Awesome!**

[Your Injury questions answered.](#)

[More Details](#)

RESTORE ROOM

GetReal

World Class...

- Personal Trainers
- Nutritional Lecturers
- International Presenters
- Performance Coaches

are about to **REVEAL** all!

[More Details](#)

GetReal is a **unique** and **comprehensive** 10 week programme that will **positively change** your health, fitness and overall well-being **for life**.

There is simply **nothing to compare** to GetReal or the **improvements** in your lifestyle it can bring. This **proven** programme and **presenters** will give you all the **SECRETS** to their industry **helping you to understand** a wide range of **vitaly important** topics - from **exercise and diet to motivation, goal setting and the psychology of success**. The objective is to **empower you** to live the **life you want**, in the **way you want** and in the **shape you want!**

RECHARGE MEDIA ROOM

[Funniest Exercise Video EVER!](#)



Q: Why are so many people taking Supplements?

[Fox News](#)

A: Do I need to take supplements?

[1 minute FREE Online Health Assessment](#)

Email: greenycompany@btinternet.com if you would like to share some news, views or media information with us.

DATES FOR DIARIES



Valentines Day - **Saturday 14th February**

GetReal Programme - **Launches Thursday 19th February, Poole**

Biomechanical Instructor Trg— **Saturday 21st February, Basingstoke**

Eating Disorders Awareness Week - **22nd—28th February**

Shrove Tuesday - **Tuesday 24th February**

NEW PRODUCTS AND SERVICES



Pre and Post Natal 'Specialist' Personal Training

£32.00 for a 1 to 1 Personal Training Session

£50.00 for a 2 to 1 Personal Training Session

(Discounts available on Block Bookings)

[Online Class Feedback form](#)

Complete online and be entered into an end of month draw where you have the chance to win 3 FREE Buggyfit Classes.

Pay for your Buggyfit Block Booking Vouchers online and pay the discounted price of £35.00! **Saving £5.00!**





Biomechanical Screening and BodyMOT Lifestyle Analysis

- **Back Pain** Management
- **Injury Prevention** Programme
- **Optimal Performance**
- **Injury Management** Programme
- **Improved Wellbeing**

GIFT Vouchers NOW available! *Perfect for Valentines Day!*

[More Details](#)

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