

# the

JANUARY 07



# beat

NEWSLETTER

## Meet the team

### PROFILE: JO RAINSLY



**Buggyfit Co-Ordinator for Bournemouth & Poole and Director of the Green Gym Company.** During the past 15 years of personal training many opportunities have come my way, from working with clients who want to achieve a personal visual goal to 'A' class celebrities and British Olympic Athletes. In

1992 I launched my Personal Training Company, e3uk, employing six other trainers covering Surrey and Hampshire. 1994 I moved to Bournemouth as the Fitness Manager of Fitness First, followed by Courtneys, Cannons and Topnotch. Since 2000 I have been travelling and working in many countries all over the world, absorbing 'new tricks of the trade' along the way.

In my free time I like mountain biking, rock climbing, scuba diving and continuing my training as a Martial Artist. Since the age of 8 years old I have succeeded in gaining 2nd Dan in two disciplines of Martial Arts.

### PROFILE: ELAINE LUCK

For those of you who haven't met me yet, my name is Elaine Luck and I've taken over the Poole Buggyfit classes from our lovely Sarah who is due to enter into the birthing suite for the second time !!!

Having been always slightly 'chubby / cuddly' but occasionally sporty (school days), I got into exercises classes to try and lose the baby weight and was convinced to do my aerobics instructor course just before my 30th birthday. I taught various types of classes in Kuwait for a year before we moved back to the UK. We found ourselves in Poole & I

grabbed the opportunity to do a personal trainer course in Bournemouth. Four years on and we're still here !!

Since then I have been involved teaching lots of different types of classes in various clubs around Poole, doing a bit of massage and Personal Training in local parks and at the Beach - and of course being a mum to my two wee delights. I love training outside and think it is so beneficial to the body and your total well being - weather permitting?! Obviously it has to be enjoyable and that's my aim to combine all my knowledge (life and learned) and enthusiasm to create fun, realistic training that actually works. Come and join us and bring your friends!

### A FOND FAREWELL TO SARAH, OUR LYCRA CLAD DRILL SARGEANT!

It's all thanks to Sarah that we are all now part of this fantastic group. Buggyfit in Bournemouth & Poole and all the social events that have come with it so far have been down to her enthusiasm & military style planning! She came bounding into the BF world in April 06 & has continued to build up the BF phenomena ever since. She was aptly named 'a lycra clad drill sargeant' by Meridian TV & has kept us all on our toes & motivated ever since. But now she has another challenge ahead with a little brother or sister for Finley (at time of press, due any second!) Sarah, you have become a very good friend & a lifelong mentor. BuggyFit will live in your memory. Jo x ...I have a feeling this won't be the last we see of Sarah though...



### How's it all going?

We would like to invite you to let us know how you feel its all going so far - especially with the indoor classes. We have outlined some questions below and if you could take 5 mins to answer, we think it would be really beneficial to us and also to yourselves. Your answers can be emailed back to [greengymcompany@btinternet.com](mailto:greengymcompany@btinternet.com) or filled in, cut out and given to us at the classes. Please circle your answers.

How many BF classes a week, do you attend ?  
 1                      2                      3                      4

Which ones do you attend?  
 Mon                      Tues                      Thurs                      Friday

Would you be interested in a Wednesday class in Poole?                      Yes                      No

If so, what is a suitable time ? \_\_\_\_\_

Would you be interested in afternoon classes ?  
 Yes                      No

If so, what is a suitable time ? \_\_\_\_\_

And your preferred day? \_\_\_\_\_

Do you prefer indoor OR outdoor classes?  
 Indoor                      Outdoor

Have you been happy with the indoor locations of 2006?                      Yes                      No  
 If not, please explain reasons  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

With the indoor classes, what class would you prefer to take part in?

Low impact aerobics                      Body Conditioning  
 Combat style                      Legs, bums & tums  
 Circuits

Do you feel the class is good value for money?  
 Yes                      No

Any other comments:  
 \_\_\_\_\_  
 \_\_\_\_\_

For more information on any of the subjects mentioned please call Jo Rainsley on 07808 470031  
[visit greengymcompany.com](http://www.greengymcompany.com) / [www.buggyfit.co.uk](http://www.buggyfit.co.uk)

Have a look through these other services that Jo Rainsley has to offer, all complementing your buggyfit classes!



# Welcome to the Green Gym Co

**No membership required!**

**Established & run by Jo Rainsley**

**Has the gym really become the only area to train or has it just become habit? 9% of our population are members of a gym. Where ever you live, you have a wider perspective to train, the Great Outdoors.**

Green Gym Co. Trainers are not only enthusiastic about training outdoors but are dedicated to promoting alternative exercise, health and well being in individuals through Personal Training, Group Fitness and education.

Green Gym Co. Trainers have been developing and refining outdoor exercise over the past 15 years so not only is your experience of attaining your goals invigorating, imaginative and motivating but you'll have a great time getting there.

Mother Nature not only blessed us with different terrains to challenge our fitness, strength, endurance, balance, skill and co-ordination but also the weather systems that add to the physiological benefits to your body, mind and soul. Real life functional training (exercising outdoors) allows the body to deal with everyday life minimising muscle and skeletal injuries, for example; postural rebalance, a reduction in ill health and corporate absentees

**STOP PRESS! Buggyfit Thursday class, change of venue:** As from the beginning of February, the Thurs class at Ollies will be moving to a new local venue, to be confirmed. But don't worry, you will all be informed beforehand.



## Fit2Defend / Protektu

**'Light up your life when you're in the dark'**

Using situations based on 'real life' experiences within the last six years of Close Protection (Bodyguard) to 'A' class celebrities Worldwide. Specializing in Close Personal Protection of person, property, family or business. Courses are held with minimum of 10 people and maximum of 16 people. Minimum age 16. **BOOK ASAP, PLACES GO VERY FAST!!**

**The Course has 3 profiles**

- |   |   |
|---|---|
| 1. 1 day course 'Fit 2 Defend' (Practical and Theory) | Sat 3rd Feb, Adult £45.00 / Child..... <b>£30.00</b>          |
| 2. 4 Hour 'Protektu' Course (Theory only)             | No dates set. Adult £20.00 / Child..... <b>£15.00</b>         |
| 3. 2 Hour 'Refresher' Course (Outdoors Practical)     | Sat 17th Feb and Sat 5th May. Fee for all ..... <b>£10.00</b> |

## NO Limits

**CLASSES IN POOLE PARK**

**APRIL - OCT**

**SIGN UP**

**NOW!**

**ALL: WEATHER  
ALL: TERRAIN  
ALL: BODIES**

Suitable for all fitness levels. Programs vary from weight loss, muscle tone & seasonal sports. With the use of sand, benches, ropes, and all natural surroundings class structure varies from week to week to ensure participants gains never plateau in there goals. FREE parking and safety of vehicle.

Weds & Fri eve... 6:30 - 7:30pm

**Only £4.00** per session PAYG or £35 for a block booking of 10!

**Ideal to run alongside your Buggyfit classes, bring your man, bring your friends!**

## PERSONAL TRAINING

**'A physical, visual desire!'**

A highly motivated Green Gym Trainer will bring success in achieving ALL your aims & goals; Fat burning, injury prevention, enhancing performance, increased range of movement, rehabilitation, health, fitness & nutrition advice, variation of training methods & pre/post natal exercise.

Training venue varies from home, office, outdoors or Health Club including racket sports, swimming, hiking, cycling etc.

*'The more you put in...the more you'll get out!'*

**CALL JO FOR MORE INFO on 07808 470031**

## buggyfit T Shirts

For sale, only £10, in S,M,L & XL, white or black. Imagine us all together striding along with matching funky tops, brilliant! Just ask Jo.

## bodyMOT

**PERFECT FOR THE POST-NATAL BODY!**

**A Health, Fitness and Wellness Test that comes to you in your own home...Prevention is better than cure!** Have you ever felt as though you're not firing on all four cylinders? Tired? Lack of stamina? Lethargic? Carb cravings? Poor posture? Breast feeding? Weakened muscles? Maternal weight gain? Poor body image?

The results from a BodyMOT will guide you to a better you. We complete the following:

**Postural alignment** - Relaxin causing joint instability; increased curvature of spine and changes of centre of gravity.

**Muscular Strength & Endurance** - Linea Alba Split causing musculoskeletal stress & pain. **Pelvic floor** inability to sustain bladder control and Imbalances from carrying new baby.

**Fat % - Maternal Weight.** Of this how much is fat/fluid and good stuff?

**Water %** - During breast feeding the body becomes dehydrated, this has a knock on effect of damage to the body if it is left undetected.

**Blood Pressure/Resting Heart Rate** - Vascular underfill/increasing causing BP/RHR to alter. Is your body resting properly?

Are you burning FAT as FUEL?

**Mineral Test** - Healthy Eating will enable Cell Metabolism (the process of burning fat/carbohydrate/protein as energy) If minerals are low or only at trace form then the chain is broken and food is not burnt as fuel efficiently causing weight gain. Poor absorption maybe?

You will either PASS or FAIL! If you fail you will be given a 2/3 month programme to improve upon the failings and fully retested.

Bookings taken for Jan and Feb with **10% discount for Buggyfitties!**

(£50.00 normal price)

**PERSONAL PROTECTION TRAINING Refresher course**  
Run by Jo Rainsley  
07808 470031

**GGC MISSION STATEMENT: Never doubt that a small group of thoughtful, passionate, motivated people can change the world. Indeed, it is the ONLY thing that ever has.**