

NEW YEAR – NEW YOU!



**Community
Wellness Clubs in:
Eastbourne, Lewes,
Brighton and
Telscombe Cliffs.**

www.
community-wellnessclubs.co.uk

A Different Approach to a Healthier Me!

I never realised that a trip to the local supermarket would help me change my life!

It was there that I met someone in the foyer handing out leaflets on the local Community Wellness Club. She explained their approach is more focused on general wellbeing rather than your typical weight-loss club – as I had been to so many of these, this approach intrigued me!

So I arranged to pop along and see for myself.

On my arrival I was given a wellness questionnaire to complete, which I was relieved to see was not complicated - only 14 questions! Then during the evening I was given a body analysis test. This was done by me removing my shoes and socks and standing on some scales. Now these were not just any old set of scales! They calculated your body fat and your visceral fat. I saw how hydrated I was – or wasn't in my case! It also showed my physique rating, my muscle mass, bone density and finally my metabolic age! This was the scary part as I am 39 and it said my body was over 50!

It was a shock to learn these facts but also interesting to learn that I needed to concentrate on getting my body fat down to a normal range rather than being in the high sector and that my body was very dehydrated. The last thing they were bothered about was my weight!

What I enjoyed about my evening was apart from the results, I learnt why water was important – and every week there is a subject which now allows me to make healthier food choices.

The club has a real community feel to it, there are men and women of all age groups from teenagers to people 70+ and the leaders – Dawn, Pete and Susanna are available to talk and advise outside of the club too if needed.

Since joining the club I have taken part in their 12 week weight loss challenge which has concentrated on the highest amount of body fat lost over that period – not weight as I have now learnt that weight doesn't matter - it's going on inside me that really counts. The challenge has kept me focused on getting good results each week with the added incentive of possibly winning £300 at the end of it! Fingers crossed it will be me!

So far my body fat% has gone down from 39.6 to 37.5, and I am 14lbs lighter! My energy is so much better and I know I am improving my health. Heart disease and diabetes runs in my family so I feel I am now on track and making a positive start to ensuring that I have a healthier life ahead of me.

The club I attend is at **the Haven School Atlantic Drive, Sovereign Harbour South, Eastbourne Wednesday 7pm-8.30pm**. First nights are free and membership is £3 per week or £10 for 4 visits (no penalties for missing nights).

**For information please call:
07863167614 – Peter and Dawn or
Susanna on 01273 307165.**

**The clubs reopen from 12th January with a
new 12 week challenge for those who wish to take part.
Venues in Eastbourne, Lewes, Brighton and Telscombe Cliffs.
see www.community-wellnessclubs.co.uk for details..**



Sharons Testimonial

“My name is Sharon, I have been going to the gym for years, but never lost any weight. I never really understood about nutrition.

Then I received a leaflet through my door offering a 12- week challenge with 3 money prizes for the top three who lost the most body fat within those 12 weeks. I thought it was about time I did something to help myself.

To achieve my goal of getting in shape I decided to take up the challenge and 10 weeks later I feel great, and I have a whole new wardrobe, as I can fit into all the clothes that I had bought and could never get on!

I have had so much support by going to the Wellness Club. The team are always there to help. There are now 2 weeks to go to the end of the challenge and I am sure I have learned enough to carry on and achieve my desired weight thanks to the Wellness Team. “

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