

The Good Life

in association with 



It's never too late to find a new you

To advertise in the next edition of **The Good Life** call
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THE New Year is well under way and our resolutions and good intentions should still be at the front of our mind.

Weight loss and exercise usually appear high up on this list, but the motivation and commitment required to achieve that all new you is often lacking. Invariably we are left with a feeling of failure.

Why not reassess what it is you are hoping to achieve this year and how you will go about achieving it?

Try and spend the rest of January preparing for a lifestyle change that you can really maintain.

Why not...

- Clear out your cupboards of foods you know help you put on weight.

- Get some expert advice on how best to achieve your health and fitness goals.

- Move more and move in different ways. Just like the grooves on a record we repeat the same physical actions time and again, which invariably leads to pain and discomfort.

- Find a partner to workout with. Exercising alone can be

difficult, a training partner can help keep you motivated and on track.

- Find out more about training with a partner at www.personalbeststudio.co.uk

- Walk a little further each day.

- Create some time and space in your day just for you and do something different.

A great way to ensure you are motivated to get into better shape is to sign up with a Personal Best personal trainer.

Not only will you be getting the very best advice from a fitness expert who will design you an individually tailored programme, they will help you stick with it when your enthusiasm fades.

Consider some other benefits that a positive lifestyle change can bring.

People who work out regularly have more energy and stamina. If you are active, you will naturally sleep better.

Regular work outs reduce your risk of heart disease, high blood pressure, osteoporosis, high-cholesterol, diabetes and obesity. Working out is a great way to help relieve stress and anxiety.

It can even increase your libido. And of course you will look better physically and be more self-confident.

The Personal Best Studio has been delivering one-to-one training of the highest quality in the five valleys since 2000.

To find out more how Personal Best can help you achieve your health and fitness goals and all the other services we offer, or to register for your free fitness assessment, log-on to www.personalbeststudio.co.uk or call the Studio on 01453 873 811



■ Get out walking with a friend.

MONDAYS
TETBURY
 Dolphin Hall 6pm
 Maureen 01453 890449

TUESDAYS
STROUD
 Bedford Street
 Congregational Church
 11.30am - 12.30pm
 Tracey 01452 740362

MINCHINHAMPTON
 Minchinhampton Primary School
 Bell Lane 6.30pm
 Tracey 01452 740362

DURSLEY
 Rednock Community Centre
 7pm
 Sarah 01453 823285

STONEHOUSE
 St Josephs Church Hall
 6pm
 Lisa 01453 824156

WEDNESDAYS
EASTINGTON
 Eastington Village Hall
 7pm
 Lorna 01453 821751

CASHES GREEN
 Foxmoor School 6pm and
 7.45pm
 Mandy 01452 546203

THURSDAYS
STROUD
 St Matthews School
 Church Road, Cainscross
 6pm
 Lisa 01453 824156

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Small foot problems can have major chain reaction

YOUR feet have a direct impact on the rest of your body. They are the foundation of your world, supporting the weight of everything above them.

When a small problem develops in your feet, a subtle change in the way you walk will cause a chain reaction of adjustments in your posture and walking mechanics.

These changes can put stress on joints higher up in your body and lead to significant problems.

If you are suffering from ongoing bouts of back pain that will not go away, cannot exercise because of pain, or are under performing – a Gait Scan

Analysis is for you. Gait Scan assesses your standing foot mechanics as well as your moving foot mechanics.

From this detailed information we can identify problems and prescribe orthotics to suit your needs.

Fascinating Foot Facts:

- 25% of the bones in your body are in your feet.
- The average person takes 8,000 to 10,000 steps per day.
- Women have four times as many foot problems as men – maybe in part due to ill fitting footwear.
- More than 75% of people will experience foot problems in their lifetime.



SPECIAL OFFER for All Stroud Life readers:

● FREE Fitness Assessment and ● FREE Personal Training Session* at the Personal Best Studio. * Valid till Feb 11th 2009 & only with this voucher. Conditions apply.

For more information about our gym visit: www.personalbeststudio.co.uk

