

onelife

AUTUMN 2011

THE MAGAZINE FOR ONE LEISURE

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One Life magazine is produced by the One Leisure marketing department.

Editorial

The editorial deadline for the Spring issue is Friday 18th November 2011 with distribution from January to April 2012.

To submit an article please email onelife@huntingdonshire.gov.uk and remember to include supporting photographs. We reserve the right to select articles for publication and edit as appropriate.

Distribution

One Life is available from One Leisure sites and distributed to local libraries, doctors, dentists plus over 50 other local businesses.

If your business would like copies phone 01480 388052 or email onelife@huntingdonshire.gov.uk

Advertising

The advertising deadline for the Spring issue is Friday 2nd December 2011.

For advertising enquiries or a media pack phone 01480 388052 or email onelife@huntingdonshire.gov.uk



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Welcome to the second issue of One Life. We hope that you enjoyed our first edition and that you managed to digest all the information. Hopefully it provided an insight into the many different activities, developments and advice that One Leisure provides to existing and potential customers.

This edition is just as packed with tips and updates, some notable improvements to facilities including the opening of the Pure beauty treatment rooms at Huntingdon which offer a truly quality product and adds a different dimension to services we provide.

At One Leisure, we believe in providing the best service and experience so to help prove this we have entered all of our One Leisure sites into the Members Choice Health Club Awards. Keep your eyes peeled for further information on how and when you can vote.






We also have some new additions to the One Leisure family from our new portfolio holder, Cllr Tom Sanderson, a new Groundsman and some new babies who we have welcomed into the World. All official introductions can be found within One Life.

Gemma, Radford and Rebecca

The One Leisure Marketing Team



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One Leisure St Ives Indoor

Westwood Road, St Ives,
Cambridgeshire PE27 6WU
Tel: 01480 388500

One Leisure St Ives Outdoor

California Road, St Ives,
Cambridgeshire PE27 6SJ
Tel: 01480 388555

One Leisure Huntingdon

St Peter's Road, Huntingdon,
Cambridgeshire PE29 7DA
Tel: 01480 388600

One Leisure St Neots

Barford Road, Eynesbury, St Neots,
Cambridgeshire PE19 2SA
Tel: 01480 388700

One Leisure Ramsey

Abbey Road, Ramsey,
Cambridgeshire PE26 1DP
Tel: 01487 710275

One Leisure Sawtry

Green End Road, Sawtry,
Cambridgeshire PE28 5UY
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Introducing the new portfolio holder for One Leisure

Following the recent cabinet reshuffle at Huntingdonshire District Council, One Leisure's new portfolio holder is Councillor Tom Sanderson

Tom Sanderson is currently a Councillor for Huntingdon West and also sits on Huntingdon Town Council - he has now become the Executive Councillor for Health and Active Communities at Huntingdonshire District Council.

Generously describing himself as a 'regular gym user' (although some staff may question whether once a fortnight does indeed qualify as 'regular') Tom works closely with the One Leisure General Manager, Simon Bell, and his team of senior staff to ensure that all decisions relating to the operation and strategy of the centres are carefully considered before going live.

A Huntingdon man through and through, Tom will represent One Leisure at various events and ceremonies across the district and will be seen around the centres through the year.

His 'other' job, the one that pays the mortgage, is at RAF Wyton although he prefers not to reveal what this entails. This probably means he is a spy and, therefore, has a high resistance to pain and torture which should come in quite handy.



His footballing allegiance is towards Newcastle United and he loves cricket, although a career best batting of 11 not out and a best bowling of 0-23 indicate that this is as a spectator rather than a player. He has also formally met George W Bush though the circumstances are blurry.

We wish Tom all success in his new post and are positive that he will be as strong an advocate for One Leisure as his predecessors.

St Ives Hockey Club celebrate their 75th anniversary

St Ives Hockey Club are celebrating a double achievement in 2011. Not only has its Men's First Team returned to premier hockey league, but the club is celebrating its 75th anniversary. They originally began life on grass pitches but now call the large synthetic pitch at One Leisure St Ives Outdoor Centre it's home.

During this 75 year period, St Ives have enjoyed significant successes in both the men's and ladies sections. Perhaps the greatest of these in recent times has been the three promotions as champions in the last five years by the Men's First Team. They are now back playing at their highest level ever!

Surrounded by larger clubs, St Ives continues to punch above it's weight. It has weathered the recent recession in good condition and continues to operate five mens and three ladies teams in the Eastern Leagues.

The club has been fortunate to have a number of outstanding players in this time, including Hannah Macleod, a current England and GB international. She began her hockey career at St Ives and has gone on to win 41 international caps.

The club hopes that there are more future stars of the game within the thriving junior section of the club. This regularly has over 100 members and continues to turn out fine hockey players.



If you are interested in hockey, you are welcome to attend the club training sessions which take place on Monday evenings at One Leisure St Ives Outdoor.

For further information about St Ives Hockey Club please visit www.stiveshockeyclub.co.uk or email info@stiveshockeyclub.co.uk

Are you **injured**, in pain or just performing below par?

The Sports Injury Clinic at One Leisure Huntingdon specialises in the prevention, diagnosis, treatment and rehabilitation of sports injuries and musculoskeletal problems.

Most of us at some point will suffer with tension in our muscles through every day stresses such as work, driving, carrying children or using a personal computer. This tension can build up and start to give you pain. Their aim is to provide the right treatment and rehabilitation to get you back to full fitness as soon as possible, whether that be running a marathon or chasing the kids around the garden!

Grand National winner and 16 times champion jockey, AP McCoy recently attended a Sports Injury Clinic event. AP said "Every sports person wants to get back to their sport as quickly as possible and The Sports Injury Clinic provides excellent facilities to achieve this. From a jockey's point of view it is good to know there is help there if you need it and we are very lucky to have such a good injury clinic in the area."

Although The Sports Injury Clinic have a long history of looking after elite athletes, you don't have to be involved in sport to benefit from their services. What they have learnt through working with the athletes of yesterday and tomorrow, benefits all types of clients from recreational runners to office workers, perpetually active teenagers and retired golfers.

One of their regular clients, Kevin Marshall is testament to this. An ordinary guy doing extraordinary things! In his day job, Kevin is a civil servant in his other life he is an endurance athlete!

In 1979 he naively took part in a 100km endurance event, completing it in a pair of Doc Martin boots! Since then he has taken part in and completed nearly 40 events of 100 miles or more, countless 100km, 50 miles and marathons and probably every distance in between. Kevin has completed The Centurion Walk, 100 miles, a 400km race walk across Slovenia in 2009, racing about 80km per day, the Lakeland 100, a 104 mile race around the Lake District to name a few.

He was 50 in May and his goal was to complete 50 events between his 50th and 51st birthdays!

Kevin says: "My treatment is pivotal to my preparation for and recuperation after events. It is fair to say without The Sports Injury Clinic I would not have been in a condition to finish many of my events. I am so confident in the clinic team, that they are not only excellent therapists but also understand the mind of the athlete (even one as mad as me!)."

After my first visit (torn glute), I immediately felt confident in their diagnosis of the injury, and impressed that they carried out a scan to confirm this before any treatment began. I was even more impressed when they didn't expect me to totally give up training.

As you would expect I see quite a lot of the clinic team due to the wear and tear I subject myself to and so far they have kept me going! I have learnt to trust and be guided by them so I get to the start line of my big races with confidence and that physically I am in top condition to finish the event."



left to right: Tony Schofield (Sports Therapist), Lee Petrucci (Clinical Director) and AP McCoy at a Sports Injury Clinic event

The Sports Injury Clinic is located within Pure Health & Well-Being at One Leisure Huntingdon. To book an appointment contact Tony Schofield on 01480 731180.

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- **Adolescent sports injuries**



The Sports Injury Clinic
One Leisure Huntingdon
St Peter's Road, Huntingdon, Cambs PE29 7DA
Tel: 01480 731180
Email: tony@thesportsinjuryclinic.org
www.thesportsinjuryclinic.org

If ambition is rewarded then Rob Bradshaw should go far



Rob has given One Life an insight into his first year at One Leisure. You will quickly discover he is an ambitious man with an aim to get to the top of his profession!

Whilst playing football for his school team, Rob Bradshaw (pictured above on the right) realised he didn't have the talent to become a professional footballer. So, for him, the next preferred career choice was to work as a groundsman.

"In 2007, I won groundsman of the year for East Midlands and East Anglia and received a highly commended certificate nationally. I've had previous experience working at professional football clubs and gained experience at Arsenal's prestigious London Colney training facility.

I am based at One Leisure St Ives Outdoor, where I work closely with my colleague Dave Hartley (also pictured above on the left). As groundsmen, we carry out many duties at the complex including maintaining nine football pitches, a rugby pitch, 24 cricket wickets, a sand based astro pitch, an athletics arena and now a brand new 3G football pitch.

I started my dream job at One Leisure in August 2010 and looking back over the past year it's been a job I love. With early morning starts and sometimes late finishes it's just part of the job.

I waited a very long time to take over the reins from now retired groundsman Derek Deller and I've loved the challenges that have come with it.

A lot has already changed since my arrival. Presentation is very important to me and everything has to be spot on or near to it. My motto is if the centre looks good we as groundsmen can be very proud, we want the public to walk away saying the facilities were amazing.

I always got told from one of my friends who is a groundsman at Nottingham Forest Football Club that presentation is the key to success and I have always remembered that.

My first year has been amazing and it's been great to learn a lot from the experienced Dave Hartley, but I've also learnt a lot from reading books plus speaking to football managers and cricket players. Having known a lot and being very experienced in football and artificial surfaces it was huge task to take on a cricket square.

By attending the IOG cricket groundsman course for five days it was great to mix with other groundstaff in the same industry. At this present time I am studying my NVQ Level 2 with the IOG which lasts 10 months and it will be a great achievement once I've passed.

Whilst looking after the cricket square we changed a few things very early on in the season due to the weather conditions. With high temperatures and not much rain fall it was a challenge to keep the grass alive and looking good, but we worked as a team and we have achieved great results. It was a team effort to produce the results and it's been a great success.

Another highlight is the fabulous new 3G football pitch and I am really looking forward to maintaining this quality facility, which will also take a lot of pressure off our grass pitches. The best thing is this new surface is just like playing on grass.

In all it's been a fantastic first year with so much to mention but I expect there will many more fantastic years ahead."



3G Football Pitch @ One Leisure St Ives Outdoor

You can now look forward to winter training

Everyone who plays football will be able to relate to the hardship of winter training. Having to get changed in the back of your mates car on a dark and rainy winters evening, to then be faced with a muddy water logged pitch that the groundsman says you can only train on the edge so it's ok for the game on Saturday. If you're lucky enough to have any lighting, it usually casts big shadows making it hard to work out where your team mates are.

To top it all off, after a session of hard graft you have to sit in the car shivering all the way home. You finally get your well deserved shower to then have to sort out your soaking wet muddy kit.

One Leisure St Ives Outdoor and One Leisure Huntingdon have the perfect solution with 3G playing surfaces and modern team changing rooms!

The 3G pitches are the next generation of football pitches with the latest developments in synthetic turf providing the closest alternative to grass. They are completely floodlit to get rid of those horrible shadows. Best of all there are purpose built indoor team changing rooms to keep your clothes and belongings safe plus showers cubicles with hot water! After your game or training session you can retire to the fully licensed bars to have a team building drink.

The pitches are reasonably priced with block bookings available for teams, clubs and even groups of friends. If you are affiliated to a governing body you may be entitled to a VAT rebate.

Forget the cold muddy nights peering through the gloom to see the ball about to hit you in the face and get the best out of your team with top quality training facilities provided by One Leisure.

For further information or to book your pitch please contact One Leisure St Ives Outdoor on 01480 388555 or One Leisure Huntingdon on 01480 388600.

onebites

Telephone changes for Ramsey and Sawtry

In August, Huntingdonshire District Council upgraded the telephone systems at both One Leisure Ramsey and One Leisure Sawtry which will see **NEW** telephone numbers for both of the sites. The previous telephone numbers will be removed from April 2012, so make sure you start using the new numbers today which are:

One Leisure Ramsey 01480 387900

One Leisure Sawtry 01480 387800

Note that the area code is '01480' and not '01487' due to the main system being based at Huntingdon.

New members at One Leisure

One Life warmly welcome two new members to One Leisure. Congratulations to Louise Silver, Impressions Operations Manager who became a mum with the birth of her daughter Leynah (8lbs 12oz) and Bevis Moynan, Centre Manager at One Leisure Huntingdon became a proud dad with the birth of Aiden (7lbs 4oz).

Online booking improvements

The online bookings system for One Leisure has undergone many improvements which has finally allowed customers to **BOOK** and **PAY** online. This makes it quicker and easier for you to attend activities. You can also purchase fitness class passes, swim passes, tickets for selected Burgess Hall events and even some children's holiday activities. If you are a One Card holder, simply register for online bookings at www.oneleisure.net

Refer a friend to win

Members of Impressions Fitness Suites can 'refer a friend' and be in with a chance of winning an annual Advantage membership. Congratulations to Sue Laos who won the last draw. If you want to be in with a chance of winning speak to a member of the Impressions fitness team.

Great Gidding is the fittest village

FitVille was health initiative offered by One Leisure Sawtry and One Leisure Ramsey, which saw them travel to villages throughout summer in their mobile unit offering FREE fitness tests and advice. We are pleased to announce the winning village was Great Gidding who won £200 courtesy of TechnoGym to go towards a local community project.

More to choose from at Caffè Zest

Caffè Zest at One Leisure Huntingdon and One Leisure St Neots already have an extensive menu offering baguettes, paninis, toasted sandwiches, jacket potatoes, kids meal deals plus freshly ground coffees. They have now introduced many new items including the multi-grain triangle, hot and cold breakfast choices, fresh salads and hot meals for the colder months. Caffè Zest is open to all One Leisure customers so make sure you drop in before or after your next activity.



No tricks, just treats in October half term

Watch out, there are some very strange happenings going on at One Leisure in October half term! All of the sites have put together a packed programme of spooky activities to ensure that the cobwebs don't settle on your child.

Only the bravest should attempt **Slippery Slime** where kids will ooze into a gooey workshop of sliming around. Everyone will make some sticky gooey slime with instructors from Mad Science and learn about creating some whizz-bang chemical reactions. Children will also investigate the difference between solids, liquids and gases by getting their hands dirty with some magic mud!

The popular **Halloween Arts & Crafts** sessions will involve creating Halloween decorations, costumes, witches and wizards hats, bags for trick or treating, jack o'lanterns, skeletons, hanging spiders and pumpkin carving.

In **Death by Chocolate**, children will learn things about chocolate they never thought was possible! Get involved with melting, cooking, modelling, decorating, playing chocolate games and then taking your treats home.

Stir and conjure up tasty treats in **Halloween Cooking** such as cakes and biscuits topped with cobweb and spider decorations or



'monster brains' made with oranges and jelly! Best of all children can take their food home to share with their fellow ghouls.

If anyone is spooked and has an accident in the dark, there are always **Junior First Aid** sessions for children to learn basic skills such as slings, recovery positions and how to treat various conditions.

For the **Kids Holiday Clubs** there will be additional scary activities including Halloween parties with spooky music, monster dances, fancy dress, apple bobbing and much more.

Pick up a children's holiday programme from your local One Leisure site or download from www.oneleisure.net

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Barry Gray & Keith Greenaway

DIRECTED BY
Dad Chatter

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Take the stress out of organising children's parties

Is your child's birthday coming up soon? Are they making lists, asking for presents or stuck about what they want to do? You probably don't want lots of children running around your house and having to clean up the mess either!

Each year it becomes harder and harder to make the decision of what to do or where to go on your child's birthday. So why not let One Leisure provide you with the answers to all your questions?

All of the One Leisure sites offer a fantastic selection of parties to entertain children of all ages for birthdays and other special occasions. They guarantee to provide maximum enjoyment and fun, leaving you to relax and enjoy the day's events and your child's special day. Best of all there is no mess to clear up afterwards!

All parties include free invitations and you have the option of purchasing party food in Huntingdon and St Neots or hiring a party room where you can bring in your own food. A member of staff will be at hand to enhance the enjoyment and co-ordinate your birthday party choice!

You can hire the pool exclusively for very own a floats fun or inflatable fun party, dance to your favourite party music, have mayhem on the bouncy castle, skate away in the sports hall, be a professional footballer, zap your friends with laser tag or explore inside Leo's Funzone adventure play centres.

All parties are great value for money with exclusive pool parties from £65, roller skating parties from £44 and Leo's Funzone parties for just £6.95 per child with food included.

For details of the parties available and availability please contact your local One Leisure site. Early booking is advised if you want to guarantee your preferred party slot.

Leo's FunZone

PLAY & PARTY CENTRE

Leo's Funzone are indoor adventure play centres which are specially designed to provide babies, toddlers and children up to 9 years the ideal place to exercise and have fun through play.

There are multi levels packed with climbing walls, ball pools, slides, spinning panels, wobble floors, swings, interactive games and a separate play area for babies and toddlers.

Adults can relax and enjoy quality food and drink in Caffè Zest whilst watching their children play in a safe environment.

- **Open 7 days a week**
- **FREE entry for adults**
- **FREE entry for children under 1**
- **FREE car parking**
- **Fully air conditioned**
- **Caffè Zest serving quality food and drink**
- **Birthday parties, exclusive hire and group bookings available**



OPENING TIMES	HUNTINGDON	ST NEOTS
Monday to Wednesday	9am to 5pm*	9am to 8pm
Thursday and Friday	9am to 6pm*	9am to 8pm
Saturday	9am to 5pm	9am to 5pm
Sunday	9am to 5pm	9am to 8pm

* Leo's Funzone at One Leisure Huntingdon opens at 10am from Monday to Friday during the school holidays.

For bank holiday and Christmas opening times please visit www.leosfunzone.co.uk or contact reception.

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One Leisure Huntingdon
St Peter's Road, Huntingdon PE29 7DA
Tel: 01480 388600

One Leisure St Neots
Barford Rd, Eynesbury, St Neots PE19 2SA
Tel: 01480 388700

www.leosfunzone.co.uk

Making light work of saving **energy**

Over the past year One Leisure have been worked closely with the Environment Team at Huntingdonshire District Council to identify a wide range of energy saving projects.

The implementation of the projects identified has been undertaken with the assistance of SALIX grant funding from the Carbon Trust. SALIX grants are interest free, funded by The Department for Energy and Climate Change and allow the reinvestment of savings achieved from with the initial grant.

The projects identified across the whole Council have delivered a total saving of over £42,000 and reduced carbon emissions by over 230 tonnes, building on an 11% reduction in Co2 emissions, which was achieved in 2010.

These savings mainly result from energy efficiency improvements to One Leisure facilities, including simple things like improved pool covers and movement controlled lighting (PIR's), variable speeds drives to the energy used by pool circulation pumps, through to the installation of a voltage optimisation unit at One Leisure Huntingdon.

It is hoped that this alone will deliver a 10% reduction in electricity usage at the site from the first day it was installed. We are currently investigating installing similar units at One Leisure St Neots and One Leisure St Ives.

One Leisure is also keen to maximise the potential to use renewable energy and is working closely with the Environment Team to utilise roof space and evaluate the benefits of installing Solar Photovoltaic Arrays to obtain energy from sunlight. The Council's first project has received approval for an array at the Operations Centre, Eastfield House.

The planned 50kwp system has the potential to generate almost £200,000 net profit for the Council over 25 years and offset the use of fossil fuel sources, which are rising in price more and more every year.



Projects at One Leisure sites

Huntingdon	<ul style="list-style-type: none"> - Voltage reduction equipment - Boiler replacement - PIR's (movement controlled lighting) - Variable speed drives on pool pumps - Pipe work insulation - Pool cover
Ramsey	<ul style="list-style-type: none"> - Variable speed drives on pool pump - Pipe work insulation - Pool cover
Sawtry	<ul style="list-style-type: none"> - Variable speed drives on pool pump - Pipe work insulation - Pool cover
St Ives	<ul style="list-style-type: none"> - PIR's (movement controlled lighting) - Variable speed drives on pool pump - Pipe work insulation - Pool cover
St Neots	<ul style="list-style-type: none"> - Pipe work insulation - Pool cover

Join us and **Wear it Pink** for Breast Cancer Campaign

On Friday 28th October, all of the One Leisure staff (including the men!) are helping to raise money for Breast Cancer Campaign by wearing pink and donating money to charity.

There will also be lots of other activities happening for customers and members to join in with. These include pink food on sale, wear it pink fitness classes, gym challenges, prize raffles and beauty treatments in Pure.

If you are visiting One Leisure on Friday 28th October, we invite you to dress up in pink as well and help us raise as much money for this worthwhile charity.



Festive events for friends, family and colleagues

Christmas is such a busy period and it can be difficult to stay in the festive spirit, but not this year!

The Burgess Hall in St Ives and One Leisure Huntingdon have an array of events for you, your family, friends and even your colleagues to enjoy.

Kicking off the festive season is a **Christmas Carol Concert** courtesy of The Rotary Club with the Somersham Town Band on Friday 16th December from 7pm.

If you fancy a break to socialise with friends and treat the kids for the afternoon before Christmas then **Santa's Christmas Disco** on Friday 23rd December is ideal for everyone. Kids aged 2 to 10 years can enjoy a fun disco, party games, a bouncy castle, finger buffet and receive a visit and present from Santa! Best of all, it is free for parents to attend.

If you fancy letting your hair down for the night then put Friday 23rd December in your diary and come along and dance the night away to the **Christmas Boogie Nite** with the Starlite Roadshow. With Christmas, follows New Year's Eve so don't leave it too late to book your ticket for the Starlite Roadshow's **New Year's Eve Party Nite** with music covering the last five decades.

If you want to dress up and celebrate Christmas in style with friends, family or colleagues then why not book yourself a ticket for the **Christmas Party Night** at the Burgess Hall on Saturday 17th December. This black tie event includes a 3 course Christmas dinner and music provided by the Starlite Roadshow.

For a more intimate evening, why not book onto one of the **Christmas Party Nights** in the Gemini Function Suite at One Leisure Huntingdon. It is the perfect venue to celebrate the festive season and the night includes a 3 or 4 course meal, a disco and a fully licensed bar. The Gemini Function Suite is ideal for the office Christmas party, where you can watch your boss do their best dad dancing to Shakin' Stevens.



If you work in a small business with not many colleagues? Then have no fear as One Leisure Huntingdon will match you up with similar group bookings or alternatively you just have the room to yourselves leaving you plenty of room to have a dance off! These Christmas Party Nights are available during weekdays and weekends from November 2011 to January 2012.

January signals the end of Christmas and the beginning of a new year, so why not have one last family moment and enjoy the traditional family pantomime at the Burgess Hall. **Cinderella** is being performed by the award winning Centre Theatre Players. with evening showings from Tuesday 10th January to Sunday 15th January 2012 and matinee showings also on Saturday 14th and Sunday 15th January.

For further information about Burgess Hall events please contact reception at One Leisure St Ives on 01480 388500 or visit www.burgesshall.net

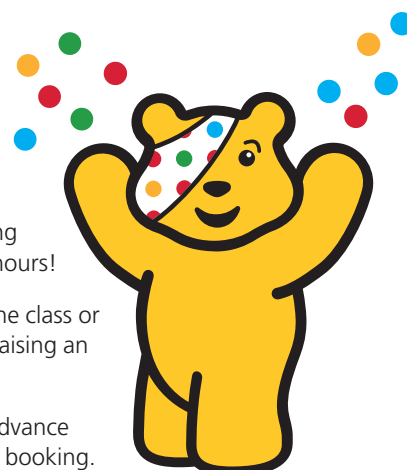
If you are interested in the Christmas Party Nights at One Leisure Huntingdon then please contact 01480 388600.

Keep fit and raise money for **BBC Children in Need**

Keep fit, have fun and help raise money for BBC Children in Need. One Leisure St Ives are hosting their **ONE BIG Fitness Class** from 10am to 2pm on Sunday 13th November with 6 classes in 4 hours!

Classes will include Zumba, Body Combat, Street Dance, Body Attack and Pilates. You can do one class or all 6 - the choice is yours. Over 100 people participated in our previous Children in Need event raising an amazing £7,500. This year with your help we can make it even BIGGER!

It only costs £10 to take part and all monies go towards BBC Children in Need. Please book in advance and collect a sponsorship pack from reception at One Leisure St Ives. Full payment is required at booking.





Mark sets a new gym challenge

Impressions member, Mark Hodgson started Slimming World in September 2010 and within 6 weeks he achieved his first milestone of 13 stone 8lb, then after 14 weeks he reached his target weight of 12 stone 7lb.

Mark initially started with just the change in diet, but his weight loss gave him the confidence to return to Impressions. He had tried the gym before but at the time it hadn't worked for him. This time was a different story - by working hard both in the gym and with his diet he reached his second goal of 12 stone in just 5 weeks.

As Mark has reached his goals he has now decided to set himself a much bigger challenge. With a passion for cycling, Mark has decided to complete a mini-triathlon at Impressions Fitness Suite in Huntingdon.

The challenge will take approximately 4 hours to complete and consists of:

- 2500m on the rower (instead of the swim)**
- 20km on the bike**
- 5km on the treadmill**

Mark's motivation for completing the mini-triathlon is to raise money for Help the Heroes. As Mark suffers from coeliac disease he decided he would like to raise some money for guys that are less fortunate than him.

If you would like to donate and help Mark with this worthwhile cause visit www.justgiving.com/mark-hodgson1

Squat to improve your fitness and well-being

Everyone should try to squat, regardless of whether you are an athlete, just wanting to stay healthy or you are getting older

There are many reasons why people squat. Mainly it is seen as a strength building exercise used by people who attend the gym and can often be associated with heavy barbells and red in the face athletes forcing out one more rep.

The squat is probably the best overall strength building exercise and should be in every athletes workout. It can easily be incorporated in your exercise routine. The squat can both greatly improve your athleticism and keep your hips, back and knees sound and functioning.

The benefits of the squat are massive for an athlete as they trigger the release of extra testosterone and growth hormone in the bloodstream. This is music to the ears of someone wanting to put on a little extra mass for sporting or for health reasons.

The squat involves the largest group of muscles in the body which are the hamstrings, the quadriceps and gluteus. It also works across two joints, meaning that not only does the squat work your muscles and can make you stronger but can increase the health of your joints, increasing the strength of the ligaments and maintaining the integrity of the range of motion for which we are built to use.

This is important for us, as we get older our bones degrade and our joints will become weaker increasing the risk of joint problems.

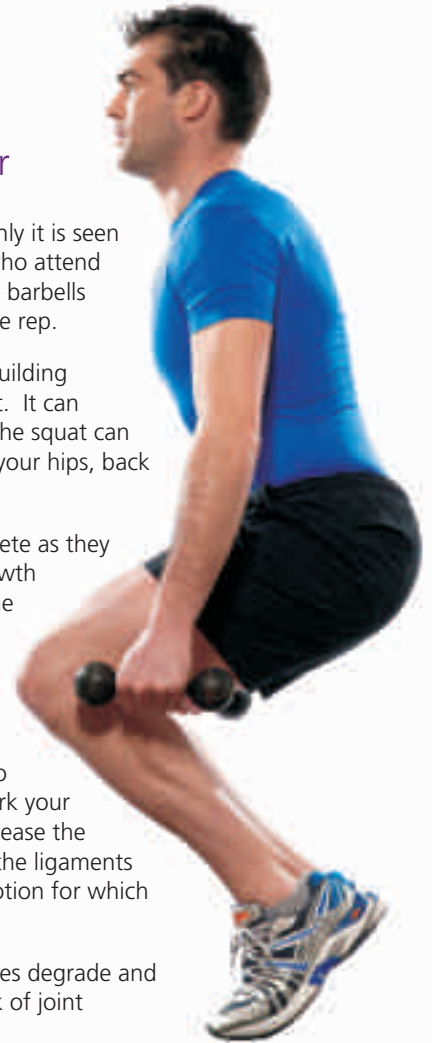
What's more is that when squatting correctly, to maintain midline stabilisation and protect your spine all of your core muscles are recruited making the squat one of the sound core exercises too!

The squat in the bottom position is the natural sitting position - so it is strange that some doctors and health professionals will say that squatting is bad for your knees and that it definitely shouldn't be done below parallel.

If so, how are you to get off the floor when sitting with legs outstretched without bending your knees past 90 degrees? After all, our joints were made to go through that range of motion, so why have we been told for years not to do it? Squatting can be dangerous without proper technique, but so can anything.

It is no coincidence that the western world has higher rates of joint problems than countries who naturally adopt this squatting position on a day to day basis.

If you would like expert advice about squats, stretches and exercises please speak to a member of the Impressions fitness team who will be pleased to help.





Things you may have heard in the gym...

"I'm trying to build muscle whilst I lose a bit of body fat"

Nutritionally, to build muscle you need to consume more calories than you are burning, whilst to lose body fat, you need to eat less than you are burning. It's a slow process to try and achieve both. The best method is to aim for one goal then the next. Being focused on one goal will get you there much quicker whilst shocking your body into different training phases.

"Strength training will make me bulk up"

Some women avoid weight training because they don't want to bulk up. However, strength training is a critical element to maintain a healthy weight and strengthen your body. What researchers know is the average woman doesn't typically gain size from strength training because she doesn't have the amount of hormones necessary to build large amounts of muscle. Even men have a tough time gaining muscle and it's something you have to work very hard to achieve, male or female.

"I need exercises to work my lower abs and reduce my belly fat"

Firstly, there is no such thing as lower abs. The six-pack you're going for is actually one long muscle that extends from below your chest to your pelvis. To work your abs, you should do exercises to target all four muscles: the rectus abdominis,

internal and external obliques and the transverse abdominis. Secondly, doing crunches will not help you get a 'six-pack' if you have a layer of fat over your abdominal area, and you cannot target this area specifically to burn fat from. Do all over body exercises mixed with cardio as the most efficient way to burn fat.

"If I can't workout often and hard enough, I might as well not do it"

Some people simply don't have the time to train as much as they would like. Remember that any exercise is better than no exercise. You can still have a hard and beneficial workout in just 15 minutes. The White Paper 2012 on Exercise states it is acceptable for short high intensity workouts to make a difference.

"The secret is to..."

People are very quick to write about new foods or exercises that will change your life. In fitness magazines a huge deal can be made of such minor things and you regularly see articles such as 'oats increase testosterone levels'. This is true, but when you research more into the claims oats actually aid the release of testosterone which you already have in your body, not actually adding more. Be careful not to focus too much on one miracle improvement. Unfortunately there are no short cuts or quick fixes. Remember the only way to achieve your goals is through dedication and will-power!

Bring a friend to Impressions for **FREE**

...and if they join you will receive a 'Refer a Friend' reward and your friend gets 50% off the joining fee!

Guest days at every Impressions facility take place from 12pm to 3pm and 4pm to 8pm on the following dates:

- Thursday 1st September 2011
- Thursday 6th October 2011
- Thursday 3rd November 2011
- Thursday 1st December 2011
- Thursday 5th January 2012

TERMS AND CONDITIONS

- Guests must be 16+ years of age.
- There is a maximum of ten pre-booked guests. One guest per member. Pre-booking is essential.
- The member must attend with the guest and stay with their guest throughout their visit.
- Guests can attend for free and can use the Impressions gym only.
- If the guest joins at the time of attending the facility on the guest day, they receive 50% off the joining fee if a prepaid membership is taken out. Prepaid membership must be taken out at the time of their visit.
- We require two forms of identification to prove your name, address and bank details to set up a Direct Debit payment. You must provide one item from List A and one item from List B:
 - List A:** Driving Licence or Household Bill (from the last three months)
 - List B:** Bank Statement or Bank Card (must include the sort code and bank number)
- Only people who are booked and attend the guest days are eligible for the discount.
- Guests must complete a pre-exercise questionnaire before exercising. A blood pressure check will also be performed - the result of this will determine whether the guest will be able to exercise.
- A guest key will be issued and must be returned at the end of the guests gym session.



Benefits of a Personal Trainer

There are many reasons to consider using a personal trainer to help you reach your goals. A personal trainer can help you lose weight, gain muscle and stick to a routine and exercise regime.

With a personal trainer your fitness level will be evaluated and a fitness programme will then be designed to meet your specific needs. The fitness programme will be designed to fit into your lifestyle and work your body to meet your goals.

Personal trainers can also focus on those other areas of concern such as strengthening an injury or just improving technique. Your progress is evaluated to ensure you are going in the right direction to succeed in reaching your goals.

One of the biggest benefits of a personal trainer is alleviating boredom and providing motivation. You can be assured that every session with a personal trainer will be varied and leave you looking forward to your next workout.

Impressions Fitness Suites have personal trainers available at all five sites and are flexible and available at times that suit you.

Many personal trainers specialise in certain fields so whether your goal is weight loss, building muscle or training for an event we have a personal trainer that can help you reach your goal.



Impressions personal trainers are qualified professionals who you can expect to:

- Assess your fitness and help you set realistic goals
- Instruct you on how exercise and good nutrition will improve your quality of life
- Deliver a different training session each time
- Help you to maintain a record of your progress
- Build on your confidence and help you succeed

Please contact the fitness team at Impressions for details of personal trainers available.

Parks Therapy Centre

“Celebrating over 25 years of excellence in patient care, support and injury prevention”

Physiotherapy
Sports Massage
Sports Injuries
Podiatry/Chiropody
Acupuncture
Chinese Herbal Medicine
Cranio-Sacral Therapy
Gait Analysis
Ergonomics
Homeopathy
Counselling
Yoga
Pilates

Tel: 01480 394715

86 Cambridge Street, St Neots, Cambridgeshire PE19 1PJ
 Email: reception@parksphysiotherapy.co.uk
www.parksphysiotherapy.co.uk

Free talks from Parks Therapy Centre

Impressions at One Leisure St Neots are hosting a series of **FREE*** informal talks in the gym with practitioners from Parks Therapy Centre. For further information please contact 01480 394715.

Running Safely

Thursday 6th October, 1.30pm to 2.30pm

by Mrs Jo Garvey, Chartered Physiotherapist & Lead Practitioner

Core Stability and Injury Prevention

Thursday 20th October, 1.30pm to 2.30pm

by Mrs Jo Garvey, Chartered Physiotherapist & Lead Practitioner

Acupuncture and Chinese Herbal Medicine?

Tuesday 8th November, 1.30pm to 2.30pm

by Mrs Katherine Gao, Chinese Herbal Medicine Specialist

Cranio-Sacral Therapy?

Thursday 24th November, 1.30pm to 2.30pm

by Mrs Terry Towns, Cranio-Sacral Therapist

Post-Natal Exercise

Thursday 8th December, 1.30pm to 2.30pm

by Mrs Jo Garvey, Chartered Physiotherapist & Lead Practitioner

* No booking is required. This is an advisory service only - no treatments are given at the talks.

Preventing injuries when you are running

Whatever your level of running, you will want it to be enjoyable and pain free!

Running is a fantastic way to exercise and contributes towards a healthy lifestyle in a very positive way. Some may just run for fun and light exercise, while others set themselves greater personal challenges and train at a much higher level.

How can I prevent injuries while running?

- It is important to warm up properly before a run so remember to include gentle stretches.
- Ensure that you are wearing suitable footwear. Purchase trainers from a shop that specialises in running shoes.
- Maintain strong core stability and abdominal muscles.
- Don't rush your training - always follow a graded plan for increasing both distance and speed, this allows your muscles and joints to build up their strength slowly.
- Don't run through an injury! This almost never gets rid of the injury, but prolongs the recovery phase, seek advice as soon as you can.
- Stretch after running to allow oxygen and nutrients back into the muscles after exercising.
- Try and include another form of fitness exercise into your schedule - this uses muscles in different ways and will benefit your running.

When injuries occur, you may ask...

- What have I injured?
- Why has this happened?
- How can I sort the problem out?
- When can I return to running at my previous level?

Fortunately there are simple solutions to many of these problems. It may include detailed advice about suitable running footwear or an insert to wear inside the shoe while running to support the foot in correct alignment. A personalised stretching / strengthening programme may also be included.

It is important to seek advice from a Chartered Physiotherapist who can advise you on your injury. Initially you will receive a full assessment of your problem, this may include gait analysis, ultrasound imaging and manual examination.

Following the examination your physiotherapist will discuss the various treatment options available to you. You will remain fully involved with all aspects of your treatment, including a training plan that will enable you to return back to your sport as quickly as possible.

Sometimes your physiotherapist may feel that your injury requires the opinion of another health professional. This can be organised by your physiotherapist.



Treatments which may help recovery

Manual Therapy Gentle mobilisation of stiff joints/manipulation.

Muscle Imbalance Strengthening of muscle groups that have been identified as being weak. Core stability muscles are a particularly important group of muscles to be functioning properly.

Sports Massage A Chartered Physiotherapist who specialises in sports massage can give you treatment tailored to your individual requirements.

Acupuncture A qualified practitioner who offers Acupuncture for pain relief and tissue healing.

Pilates This is an exercise programme designed to strengthen your core muscles, and has been demonstrated to aid injury prevention in sport.

Gait Analysis Gait can be analysed on a treadmill and is valuable when assessing running injuries. It is important to assess how the foot makes contact with the ground while both running and walking, as any problems here can cause pain and discomfort in other parts as the body tries to compensate. Poor biomechanics of the foot and ankle can be the root cause of a number of injuries picked up while running.

This article was contributed by Parks Therapy Centre and is for guidance and advice only. If you have any doubts you should contact your GP or a Chartered Physiotherapist.

Be prepared for pregnancy with Daisy Birthing

Daisy Birthing has been successfully running at One Leisure St Ives since April 2011 and is now available at One Leisure St Neots from September.

It is suitable for women who are between 14 and 42 weeks of their pregnancy and the course energises and relaxes expecting mothers whilst relieving common pregnancy discomforts.

More than just another stretch, breathe and relax class, Daisy Birthing combines gentle yoga inspired moves alongside breath work, relaxations and self hypnosis techniques. The classes help mums to develop a sense of confidence and positivity about their pregnancy and giving birth as well as providing a quiet supportive space where mums can form a bond with their unborn baby. Whether your a first time mum or a mum with children already, everyone can enjoy the benefits of Daisy Birthing.

The course is run by Steph Hawryla from Bump, Birth & Beyond, a company set up by Steph and her husband who work hard to provide a range of products and services to help any family get off to the best start in life.



Thanks for it's professional approach to birth preparation, Daisy Birthing was a finalist in the Best Pre/Pro Natal Activity in the What's On 4 Juniors 2011 award as voted for by parents.

One Leisure St Neots

Wednesdays (please ask reception for course dates)
6.30pm to 8.00pm £54.00 for 6 weeks

One Leisure St Ives Indoor

Thursdays (please ask reception for course dates)
7.00pm to 8.30pm £54.00 for 6 weeks

For bookings, please contact One Leisure St Ives on 01480 388500 or One Leisure St Neots on 01480 388700. If you would like further information about the course please contact Steph Hawryla from Bump, Birth & Beyond on 07894 945507 or visit www.bumpbirthandbeyond.co.uk

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School of Dance*

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Melody Movement Syllabus for pre-school children
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Variety of Adult Dance Classes
All teachers are registered with B.T.D.A.
and fully C.R.B. checked

www.normaterry.com

Dance your way to fitness

Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many positive health benefits including flexibility, endurance, strength and a sense of well-being. It builds confidence and allows creativity to flow in which a person can reflect their feelings through body movement.

Dancing helps the body's circulatory system as it makes your heart pump blood faster. It also helps encourage weight control and your overall fitness by burning calories. The constant movement and muscle extension during dance sessions provides a great form of exercise most people long for but rarely achieve.



Vicky Lincoln from Norma Terry School of Dance says "As a dance teacher myself, I take pride in the accomplishment I feel when I teach children and adults to dance. Although you need commitment and dedication to learn, whether you are there purely for pleasure, the social aspect or the dream of becoming professional dancer, the main aim is always to have fun!"



More than just dance classes

Attending dance classes at One Leisure has provided life-changing opportunities

Dance classes are available at most One Leisure sites offering classes for all ages and abilities in different forms of dance.

Dance is physically healthy which improves general fitness, flexibility and posture. It also produces endorphins giving you that 'feel good factor', stimulating mental well-being and stress relief and can be used as a tool to raise confidence and self esteem.

For some, access to these classes at One Leisure has also been a life changing opportunity and pathway for them to achieve their career ambitions.

Two examples of this are professional West End performers, Jon Scott Clark and William Peaco who through their performing arts training at the One Leisure sites in St Ives, Huntingdon and St Neots have both gone on to reach great heights in the performing arts industry.

Both Jon Scott and William also progressed to the acclaimed Laine Theatre Arts before then working in the West End.

- Jon has featured in the Mamma Mia! tour (see picture above) and is now appearing as Peter Pan, Dragon Puppeteer in Shrek the Musical which is currently showing in the West End.
- William has appeared on the Saturday Night Fever tour and was resident choreographer of Pricilla Queen of the Desert and Dirty Dancing in the West End.

They are not the only students to have entered the industry following the training they received from their dance classes at the centres. Many more students through The Norma Terry School of Dance (St Ives) and Stageworks Performing Arts (St Neots and Huntingdon) have gone on to achieve their dreams by working in television, productions and cruise ships.

If you want to become a future star of stage and screen, please see the Clubs section on pages 26 and 27 for contact details of the dance schools based at One Leisure.

★ STAGWORKS PERFORMING ARTS ★

Stageworks Performing Arts have been established for over 20 years and is the only school in the area that has achieved Recognised School Status with the Council for Dance Education and Training.

★ Courses & Workshops

Available for all ages throughout the year with our resident tutors and guest professionals.

- Full Time Training
- Part Time Training
- Specialist Workshops
- Summer Schools

★ Theatre School

Qualified and professional tuition for all young performers. Exams, medals and shows available or just for fun!

- Drama
- Musicals
- Street
- Singing
- Jazz
- Tap

★ Ballet School

Qualified and professional tuition in:

- Classical Ballet (preparatory to advanced)
- Late Starter Classes
- Boys Syllabus

For more information and bookings please contact Stageworks Performing Arts on 01480 812626 or visit www.stageworksstudio.co.uk





Pure is now twice as impressive

Pure Health & Well-Being which is managed by One Leisure opened their second chain of beauty treatment rooms at One Leisure Huntingdon in August.

The new treatment rooms in Huntingdon are aiming to emulate the success of the high quality Pure facilities at One Leisure St Neots which opened in September 2010. Hundreds of new customers have already benefited from the extensive range of treatments on offer in St Neots.

What makes Pure different to any other beauty salon is that it is 'purely' first class in every aspect.

Qualified Pure therapists only use Decléor face and body beauty products to provide visibly outstanding results. This is complemented with Jessica products for expert hand and nail care. The full range of treatments include facials, body treatments, massages, eye treatments, tanning, waxing, manicures and pedicures. Treatments are available for both male and female customers.

Modern changing facilities have direct access to the luxurious Pure heat experience rooms which are free with the majority of treatments. There is a relaxing salt steam room, citrus steam room, herbal sauna, therapeutic water massage, invigorating shower and heated mosaic relaxation area.

Pamper packages

Treat yourself or someone special to any of the Pamper Packages which start from only £40. They include facials or body treatments, a manicure or pedicure, use of the heat experience rooms, Power Plate vibration session in Impressions and a healthy two course lunch in Caffè Zest.

Free crèche facilities

Free crèche facilities for one child under 6 years are available when you book any treatment over £20 (available for the duration of your treatment).

Product sales

A complete range of Decléor and Jessica products are available to purchase from Pure therapists who can professionally advise which products suit your specific skin type.

Gift vouchers

£5, £10 or £20 gift vouchers are available which can be redeemed against treatments or Decléor and Jessica products.

20% discount

Advantage members and customers with a Pure monthly or annual pass are entitled to 20% off all treatments (excludes gift vouchers, products and special offers).

The next GELeration for nails

Enjoy the GELeration experience at Pure Health & Well-Being. GELeration is the new innovative way to give your nails a revamp courtesy of Jessica Cosmetics, the leading natural nail care company.

GELeration is a unique gel in a bottle that is applied like a polish with the durable strength of a gel. It is the first soak-off gel product that allows you to easily move from gel to natural nails. Unlike other products, GELeration preserves and protects the natural nails as they grow under the gel.

The gel formula provides a long lasting, flawless finish that dries in seconds and is available in a wide variety of colours from nudes, berries and bronzes to more vivid colours. What makes this nail experience great value for money is that the nails last for more than three weeks with no chipping, peeling, smudging or fading. It is aimed for active women to look their best without slowing down.

Both manicures and pedicures at Pure Health & Well-Being can be given with or without GELeration.

Jessica products are worn by many celebrities including Jessica Alba, Madonna, Sarah Jessica Parker and Tyra Banks. So treat yourself to some star treatment and receive the next generation in nail care!



Health advantages of Pure heat experience rooms

Pure therapists strongly recommend use of the heat experience rooms prior to receiving a massage treatment so you can fully relax and absorb the benefits of the treatment. However, the heat experience rooms are not just beneficial before treatments as they also have advantages for after exercise.

One Leisure Huntingdon and St Neots have luxurious heat experience rooms including saunas, steam rooms, experience showers and heated relaxation areas. The experience showers are great for warming your body up in preparation for a stay in the sauna and steam rooms.

Steam rooms are renowned for their relaxation and deep skin cleansing benefits but they are also effective in relieving muscle soreness and stiff joints. The temperature and steam of these rooms cause your blood vessels to expand, increasing blood circulation. This results in

more oxygen and nutrients being passed around your body helping to repair the muscles that are damaged through exercise. Spend 10 to 15 minutes in a steam room after exercise and you will help speed up the healing of damaged muscle tissue.

Saunas have a similar effect on the body's circulation as a steam room, providing a relaxing effect on the muscles, encouraging the healing process for muscle and tendon strains. The heat of the sauna also aids the opening of pores, providing a relaxing detoxifying experience.

Using a sauna is one of the easiest ways to detoxify as the heat causes your body to sweat. Some people may consider sweating as dirty but in fact sweating is your body's way of releasing toxins through the skin which would usually burden your liver and kidneys.

Both saunas and steam rooms are known to relax your body and cleanse the skin but there are also other health benefits. The high moisture content of the rooms is especially good for all kind of respiratory issues such as asthma, bronchitis, sinusitis and allergies. The moisture helps to soothe your breathing passages and allows them to open up allowing the steam to clear allergens and mucus from your lungs.

Other Pure experiences include the ice fountain at One Leisure St Neots, a therapeutic water massage bed at Huntingdon and both sites have heated relaxation areas which are perfect to just sit back and relax after a workout in Impressions or an exercise class.

Spending time in the heat experience rooms regularly can have a noticeable impact on your health, well-being and appearance. If you feel good then you look good.



Crystal Steam Room @ One Leisure Huntingdon



Herbal Sauna @ One Leisure St Neots

Win an Annual Pass for the Pure heat experience rooms

To be in with a chance of winning a Pure Annual Pass, simply return the completed form below to:

**Marketing Department
One Leisure St Ives Indoor
Westwood Road
St Ives
PE27 6WU**



Last date for entries is Friday 30th December 2011. One entry allowed per address. Competition will be drawn on Tuesday 3rd January 2012. Prize is non transferable and there are no cash alternatives. The competition is open to adults aged 18 years or over. One Leisure employees or relatives cannot enter the competition.

Question: Which two One Leisure sites have Pure heat experience rooms?

Answer: _____

Name: _____

Address: _____

Post Code: _____

Tel No: _____

Email: _____

How to get kids to eat their vegetables!

Do your kids eat their vegetables or do they take one look and say the old favourite phrase "I don't like it"?

It's a well known fact that children will tend to say they don't like something before they even taste it just because they don't like the idea or the look of it. Getting kids to eat their vegetables can be a difficult task but it isn't impossible.

The best way is to start introducing vegetables into a child's diet when they are young as if your child grows up eating fresh fruit and vegetables, they will be less likely to refuse them when they are older.

However, if your child used to like something but they don't now, don't worry as they are sure to like it again someday. That is what makes it tricky as children's tastes can change from week to week especially when they are young.

Parents know that vegetables are good for kids but for some reason they refuse to believe us. However, by getting a little creative you can ensure your kids get the nutritional values of vegetables and possibly without them knowing! Opposite are a few tips to help encourage your kids to see vegetables as their best friend.



Fruit smoothies When making a fruit smoothie put some vegetables in such as spinach or cucumber as it won't affect the taste.

Make soups or stews rich in vegetables Chop the vegetables into small cubes so they don't know what it is.

Grow your own vegetables Have a little spot in the garden where the kids can grow their own vegetables. If they grow them, they may be more inclined to eat them.

Big cook, little cook! Cook with your kids by making it fun and let them help chop the vegetables up or stir things in a pot. If they help cook a meal they will want to taste their masterpiece!

To me, to you Eat your meals with the kids. Even if it's not your tea-time, sit with the kids and have a little plate of your vegetable rich dish and eat with them as most kids enjoy copying adults.

Get saucy! Blend up a mix of vegetables to make a delicious pasta sauce. Use amusing pasta shapes to make it more fun.

Cook up a Tangy Vegetable Chilli for 6 people... done!

Here is a great recipe which kids will love and they can help you prepare and cook. If your children don't like spicy food, you can leave out the chilli or add more if you like it really hot!

1 Onion, sliced
 2 Red Peppers, cut into chunks
 1 Large Carrot, cut into chunks
 2 Medium Sweet Potatoes, cut into chunks
 1 Courgette, cut into chunks
 50g Green Beans, trimmed and halved
 400g Can Chopped Tomatoes
 400g Can Red Kidney Beans, drained
 2tbsp Sunflower Oil
 1 tbsp Chilli Powder or Fresh Chilli
 200ml Hot Vegetable Stock

1. Heat oil in a large pan, add onion and cook for 5 mins until softened, then add peppers and cook for 2 mins.
2. Add chilli powder and stir for 1 min.
3. Stir in carrot, sweet potatoes, tomatoes and stock then bring to the boil and simmer for 15 to 20 mins.
4. Add courgette and kidney beans and simmer for a further 5 mins.
5. Finally, add green beans and simmer for a 5 to 10 mins or until all the vegetables are tender but with a little bite.
6. Serve with wholegrain rice, also great over a jacket potato. For an extra treat top with grated cheese.



Give your hair a treat for the party season

As the party season quickly approaches, The Cutting Room at One Leisure Huntingdon is ready to help. Their experienced and friendly team of stylists can help transform you for the festive season with a new fresh cut or a change of colour from a rich chocolate brunette or a vibrant, fiery red to a textured, tonal blonde.

They can also offer your hair the best luxury repairing treatments, including The Brazilian Blow Dry Treatment, which leaves your hair smooth soft and frizz free. Alternatively, just try a Matrix Biolage Cera-Repair treatment of your choice with a blow dry and finish with ghd hair straighteners from smooth and sleek to tousled curls getting yourself ready for that festive party.

ONE LIFE OFFER: Pre-book a December appointment by Friday 18th November with 'this article' to receive **10% off** any hair service over £25. Advantage members can get an **extra 10% off** any service if booked by Friday 28th October. Deposits may be taken due to the busy period.



If you are stuck for Christmas gift ideas for friends, family or colleagues, The Cutting Room stock a wide range of gift packs for any budget which make perfect presents for everyone.

They stock everything from ghd hair straighteners (which include limited editions), Tigi Fat and Skinny Curl Sticks to Moroccan Oil, Matrix Biolage, American Crew for Men and Tigi Bedhead.

Follow The Cutting Room on Facebook or Twitter to be the first to know the date and time of a special Christmas Shopping Event where you will have access to even more exclusive special offers.

For expert advice on hair products or styling aids, simply pop into The Cutting Room and their experienced stylists will be pleased to help.

ONE LIFE OFFER: If you are an Advantage member you will receive **10% off** ghd hair straighteners and **20% off** all other retail products during October and November with 'this article'.



REVIVAL

Saturday 22nd October & Saturday 27th November
8pm to 1am
at Gemini Function Suite (One Leisure Huntingdon)

Rewind and go back in time to when music didn't all sound the same! Pop and dance anthems from the late 70's, 80's and early 90's with the Starlite Roadshow. Visual projections and text requests available.

Tickets £5 in advance (£7 on the door)
 - Ticket includes a **FREE** drink before 9.30pm

18+ only. No admittance after 11.00pm. Fancy dress and school uniform allowed. Licensed bar with special offers. Freebies given away on the night.

Tickets available from One Leisure Huntingdon in person or by phoning 01480 388600



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10 tips for front crawl swimming



Starting position requires the body to be streamlined – on your front, arms in front and face in the water.

As one arm is pulling/pushing the water the other arm is recovering over the water and the **shoulders** move in a rolling motion.

Hand entry should be in front and in line with the head/shoulders, at 45 degrees and thumb and first finger breaking the water first.

The pull is a semicircle movement from the water level to the chest. The hand points towards the body centre and downward.

The push is when the arm extends down towards the side of the body and pushes the water back away from the body.

During the **recovery** the shoulder is moved into the air by twisting the torso. It is important to relax the arm during the recovery as having your hand higher than your elbow will result in drag and loss of balance.

The legs **kick** alternately, with one leg kicking downward while the other leg moves upward. Ideally, there are 6 kicks per cycle. The leg movement is important for stabilizing the body position.

The **legs** in the initial position bends slightly at the knees, and then kicks the lower leg and foot downwards. After the kick the straight leg moves back up. Limit the amount of kick out of the water and keep your ankles floppy!

Breathing: The face is kept down in the water during front crawl. Breathing is done through the mouth by turning the head to the side of a recovering arm at the beginning of the recovery.

Breathe out through mouth and nose until the next breath. Most swimmers take one breath every third arm recovery, alternating the sides for breathing. Other swimmers find it easier instead to take a breath every cycle (2nd stroke) so they can always breathe from the same side.

SWIM THE THAMES

Available on the App Store

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Find One Leisure Pool Timetables • Make Friends • Take Swim Challenges

search less - find more

www.huntingdonshire.gov.uk/myhuntingdonshire

your services in one place

Can you spare 30 minutes once a week?

The Amateur Swimming Association (ASA) have identified the key benefits of swimming for 30 minutes at least once a week for 35 to 44 male and females and 45 to 64 male and females.

These segments account for the largest proportion of swimmers in the country. If you are in these categories and do not currently swim, you can be assured you are in good company, so why not swimming a go?



35 to 44 Males

MOTIVATIONS: Keeping fit, enjoyment, spending time with children and meeting friends.

- Instead of going for a swift pint, go for a swift swim! Just half an hour in the pool, once a week is enough for significant health and fitness benefits.
- Want to spend more time with the kids? Why not take them swimming at the weekends?
- Research suggests that regular bouts of swimming for 30 minutes can make you live longer.
- Take 30 and burn 200. Swim for just 30 minutes and burn 200 to 350 calories.
- After your kids next swimming lesson why not go swimming together. Just half an hour will tone your body and improve your fitness.
- Get your heart pumping with half an hour of swimming every week and you will feel see a happier and healthier you.
- Boost your metabolism in 30 minutes. 30 minutes in the swimming pool is the equivalent of 45 to 60 minutes of land based exercise.
- Life begins with 30. Keep healthy and fit by swimming 30 minutes at your local pool.

45 to 64 Males

MOTIVATIONS: Enjoyment, keeping fit, socialising, spending time with children and grandchildren, weight loss and swimming for a challenge.

- Take 30 and burn 200. Swim for just 30 minutes and burn 200 to 350 calories.
- Make a small change to your habits and make a big difference to your health. Just half an hour of swimming once a week makes you feel happy, healthy and energised.
- Get your heart pumping with half an hour of swimming every week and you will see a happier and healthier you.
- 30 minutes at least once a week can make the difference. Research suggests that regular swimming for 30 minutes or more can cut the risk of early death in men by 50%.

35 to 44 Females

MOTIVATIONS: Keeping fit, enjoyment, spending time with children, socialising, weight loss and body confidence.

- Addicted to your soap operas? Get addicted to swimming! Spend just one episode worth a week in the pool instead of on the sofa and see the improvements to your fitness levels.
- Swim your way to a flatter tummy. Just half an hour of swimming burns stubborn belly fat in an all over body workout (great for yummy mummies). The more you swim, the more you become trim!
- Follow the 30 minute plan to a fitter, healthier you. Half an hour of swimming helps burn body fat, maximises weight loss and gives you more energy.
- Want to know how to be happy, healthy and have high energy in half an hour? Go swimming.
- Need more get up and go? Then get yourself down to the pool. Just half an hour once a week gives a fantastic boost to your energy levels.

45 to 64 Females

MOTIVATIONS: Enjoyment, keeping fit, to lose weight, low impact activity, spending time with the children or grandchildren, meeting friends and stress relief.

- Forget 10 years younger, how about 20? Research shows that swimmers are biologically up to 20 years younger than their actual age.
- Take a dip before your mood does. Swim 30 minutes once a week to reduce stress, anxiety and depression.
- Get happy - get swimming! Just half an hour in the pool once a week improves mood and reduces stress, anxiety and depression.
- Swim for just half an hour once a week and give your brain a rest, your heart and body workout and your well-being a boost. Regular swimming can bring significant health and fitness benefits.
- Make a small change to your habits and make a big change to your health. Just half an hour of swimming once a week can make you feel happy, healthy and energised.
- Life begins with 30. Keep healthy and fit by swimming 30 minutes at your local pool.

Keep on Tri-ing

As the 2011 Triathlon season draws to a close it is time to look at your winter training plan, to ensure that you are able to make the most progress over the winter months.

Making the most of this off-season time will enable you to start the 2012 season better prepared and in better shape. Whether this is by improving your technique, improving on your speed or working on your endurance.

Triathlon swimming coaching sessions can help in all three of the disciplines.

The sessions firstly promote improved swimming technique, with the poolside coaches setting drills that are designed to make you focus on the areas of your individual stroke that need strengthening. This can be drills such as 'catch up' which encourages the athlete to lengthen their stroke or to stop their arms crossing over the body's central line. While you are working on such technique drills you are thinking about your stroke but also increasing your heart rate and getting warmed up.

The programme of the sessions incorporate sections that are aimed at pushing the fitness of the athlete, for example, 25 metre swim to a set time and repeated ten times etc. These drills really push your aerobic fitness and are often the type of drills you struggle to motivate yourself to do when training alone.

Kat Mitchell who is a Deputy Manager at One Leisure and regularly attends the Tri-Coaching sessions says "At the end of the class, like after much exercise, I am on a high and am surprised how quickly the time has passed. I rarely manage to swim for an hour when training on my own so am also pleased with the length of the swim I have also achieved."

Tri-coaching will return to One Leisure St Ives on Thursday evenings from Thursday 27th October.

Please contact One Leisure St Ives on 01480 388500 for bookings and further information.



Swimfit is a great way to get fit

Swimfit it is a free online poolside club that provides a gym style work out in the pool



Swimfit was developed by the Amateur Swimming Association (ASA) and British Gas to encourage more people back into swimming, based on their motivation for working out.

Swimfit work outs come in 4 different categories: shape and tone, health, fitness and competition.

To join Swimfit is simple, just log on to www.swimfit.com and choose your work out from there. You will be able to keep track of all your sessions, keep a log of when they were completed and how hard you thought the session was for you.

The online service then tells you what the ASA would recommend next, to either move forward to the next card or to keep at that particular session until you can complete it comfortably.

By using MySwimfit online you can set yourself goals and receive guidance and advice both written and videos online by simply clicking on the links. You can also share your experiences with other Swimfitters with their Facebook fan page, or ask an ASA expert through email.

Pauline and Jim Chandler (pictured above) have been swimming teachers at One Leisure Ramsey for over three years. Their classes have excellent feedback as their fun and structured style to teaching proves very popular.

Pauline and Jim are both very keen exercisers and for 40 years have been doing at least two styles of exercise a day, either swim/run, swim/cycle or run/cycle.

Pauline has recently been taking part in the Swimfit challenge for the competitive workouts and has completed 32 sessions. Most sessions involved Pauline swimming 120+ lengths and challenging her with the variance of strokes.

Jim is a Sports Therapist who works from home where he has his own clinic. He is also part of the Ramsey Road Runners club teaching children to improve fitness and has run 18 marathons with a personal best time of 2 hours, 44 minutes.

They both come swimming three times a week during the early birds sessions and teach junior swimming lessons three times a week.

Rookie Lifeguards

- what are they all about?

Rookies at One Leisure Huntingdon are aimed at children and teenagers who are competent swimmers that do not wish to continue in structured lessons or enter into competitive swimming.

Classes are run in a relaxed, informal style where the pupils can exchange ideas and learn important life skills in a fun 'youth club' style environment.

When joining all new pupils are presented with a booklet. The booklet contains information of what they will be studying together with puzzles, questions, areas to write notes and a list of various skills and challenges they will be expected to accomplish over time.

This ensures that pupils have reference material and are able to study at their own pace or in their own time should they wish. It also enables students to become familiar with terminology and enables parents to understand what the children are learning.

Fifteen minutes of every lesson is spent learning practical life saving techniques from CPR to bandaging as well recovery positions, choking etc.

These skills enable the children to be confident when faced with the need to assist in any first aid incident or indeed be able to manage the incident if necessary. Pupils are encouraged to exchange ideas, learn in a practical manner and enact accident scenarios.

Those who wish to share their own personal knowledge of conditions and first aid situations are encouraged to discuss these with the group should they so wish. The half hour pool work covers self-rescue techniques as well as lifesaving techniques for various water based activities; from boating to swimming etc.

Fitness also plays a big part and all pupils are required to be wear shorts and t-shirt over their swimming attire at all times!

Children who are working on Duke of Edinburgh Awards can ask to use this session as either a fitness or skills part of their award and if agreed by their organiser be signed off as necessary.

Anybody over the age of 13 years is invited to a join the Bronze Medallion group which runs as necessary over a 6 week period and is a maximum size of 4. This group allows those wishing to attain the Bronze Medallion Award to hone their skills and be assessed at the end of the 6 weeks be an external examiner.

To become a Rookie Lifeguard please contact One Leisure Huntingdon on 01480 388600.



It's never too late to learn to swim

There are many reasons why adults want to learn to swim. Parents want to spend time in the water with their children, you are going on holiday, may have a fear of water, been advised by your GP to start swimming for a low impact exercise or you have just forgotten!

Our ASA qualified swim teachers are used to working with adults from 18 to 70 years of age who are complete beginners.

Making the first step to start lessons can be daunting, which is why the teachers focus on improving confidence from the outset. The lessons are in small groups with others who have the same ability as you.

Depending on your confidence, you can use floating aids such as woggles and floats but we won't make you wear armbands and tummy belts!

You will learn basic skills from getting into the water to floating, pushing and gliding before moving on to the development of front crawl, back stroke and breaststroke. As the lessons progress you will practice breathing and arm/leg techniques to make swimming an enjoyable activity.

Please contact your local One Leisure site for daytime and evening adult lessons. 1:1 and 2:1 private lessons are also available.

Clubs at One Leisure

One Leisure is used by a variety of clubs and organisations. For further information please contact the club directly.

One Leisure Huntingdon

Active & Able Sports Club (Disabled People)

Contact: One Leisure Huntingdon
Tel: 01480 388600

GKR Karate

Contact: Daniel Freer
Tel: 07931 504712

Huntingdon Squash Leagues

Contact: One Leisure Huntingdon
Tel: 01480 388600
Website: www.oneleisure.net

Hunts Tennis Association

Contact: Claire Bragg
Tel: 01480 411412

Kick Boxing

Contact: Colin Barrick
Tel: 07809 208756

Michelle Gauci School of Dance

Contact: Michelle Gauci
Tel: 01480 414595

Phoenix Badminton Club

Contact: Sharon Simmons
Tel: 01480 382103

Piranhas Swimming Club

Contact: John Richards
Tel: 01480 434335
Website: www.huntingdonpiranhas.co.uk

Qi Kwan Do

Contact: Gary Coles
Tel: 07748 683827
Website: www.qikwando.com

Shotokan Karate

Contact: Mr Burton
Tel: 01480 212053

World Tang Soo Do Association

Contact: Master Khan
Tel: 01480 451621
or 07973 636740

World Soccer UK

Contact: Kabir Rajha
Tel: 07904 733502
Website: www.soccerleagueuk.com

One Leisure Ramsey

Cambridgeshire Badminton Association

Contact: Laurie Finch
Tel: 01354 692109

Michelle Gauci School of Dance

Contact: Michelle Gauci
Tel: 01480 414595

Packers Canoe Club

Contact: Simon Pink
Tel: 01487 711162
Website: www.packers.org.uk

Ramsey Badminton Club

Contact: Dave Philpot
Tel: 01487 815020

Ramsey Cricket Club (Juniors)

Contact: Mark Dowling
Website: www.ramseycc Hunts. play-cricket.com

Ramsey Road Runners

Contact: Adrian Graham
Tel: 01487 812829
Website: www.ramseyroadrunners.org.uk

Shikindo (Ju Jutsu)

Contact: Daniel Kilby
Tel: 01354 694195

Tang Soo Do (Korean Karate)

Contact: Phil Wiskin
Tel: 01487 710087
Website: www.gbttsda.com

Upwood Cricket Club (Juniors)

Contact: Ed Ward
Tel: 01487 814770
Website: www.upwood.play-cricket.co.uk

One Leisure Sawtry

City of Peterborough Swimming Club

Contact: Debbie Standish-Leigh
Tel: 07941 125119
Website: www.copsclub.co.uk

Court Badminton Club

Contact: Judy Shaw
Tel: 07713 253022

Korean Karate

Contact: Mark Adlington
Tel: 01487 830601

Sawtry Badminton Club

Contact: Mandy Carpenter
Tel: 01487 830641

Sawtry Colts FC

Contact: Stuart Bean
Tel: 07762 108198

Sawtry & Glatton World Tang Soo Do

Contact: John Hazelden
Tel: 01487 822963 or 07979 898227
Website: www.sawtrysdo.co.uk

One Leisure St Ives

Cambridgeshire Badminton Association

Contact: Laurie Finch
Tel: 01354 692109

Carpet Bowls Club

Contact: Linda Giles
Tel: 01480 390969

C.N Kung Fu

Contact: Caius Nesvadba
Tel: 07799 294833

Huntingdon Tae Kwon Do School

Contact: Caroline Alder
Tel: 01487 824481

Hunts AC Road Runners

Contact: Hilary McConville
Tel: 01480 395581



Hunts Athletics Club

Contact: Wayne DuBose
Tel: 01480 494367
Website: www.huntsac.org.uk

Huntingdonshire Cricket Board

Contact: Kevin Clement
Tel: 01487 773926
Website: www.huntingdonshirecricket.com

Jolly Archers of Houghton & Wyton

Contact: David Pointer
Tel: 07802 460252

Kanazawa Budo Club (Judo)

Contact: Paddy Swallow
Tel: 07764 861455
Website: www.kanazawajudo.com

Norma Terry School of Dance

Contact: Vicky Lincoln
Tel: 01480 496820 or 07786 682623
Website: www.normaterry.com

Ouse Badminton Club

Contact: Mike Brooks
Tel: 01480 380240

St Ives Aiki Dojo

Contact: Sensei George Hemmings
Tel: 01480 355413
Website: www.stives-aiki-dojo.org.uk

St Ives Badminton Club

Contact: Barbara Spilka
Tel: 01354 695560

St Ives District Rifle & Pistol Club

Contact: Terry Smith
Tel: 01480 459951

St Ives Hockey Club

Contact: Sandra Di Lustro
Tel: 01480 52532 or 07986 139852
Website: www.stiveshockeyclub.co.uk

St Ives Rangers FC

Contact: Chris Convine
Tel: 01480 495292

St Ives Rangers Disability FC

Contact: Roger Bates
Tel: 01480 393750

St Ives Roosters Rugby League Club

Contact: Paul Ashbridge
Tel: 07873 852694
Website: www.pitchero.com/clubs/stivesroosters

St Ives Swimming Club

Contact: Colin Smith
Tel: 01480 353251
Website: www.sisc-club.co.uk

St Ives Sub Aqua Club

Contact: John Cornell
Tel: 01487 841025
Website: www.sisac.co.uk

St Ives Table Tennis Club

Contact: Brian Freer
Tel: 01480 461562

St Ivo Badminton Club

Contact: Nick Baverstock
Tel: 01480 465258

St Ivo Racquets Club

Contact: Brian Ward
Tel: 01480 830083
Website: www.stivo-squash.co.uk

UK Tang Soo Do Federation

Contact: Mark Ingram
Tel: 07764 189437

Upside Down Sports Club

Contact: Fiona Down
Tel: 01487 824843

World Tang Soo Do Association

Contact: Master Khan
Tel: 01480 451621 or 07973 636740

One Leisure St Neots**Active & Able Sports Club** (Disabled People)

Contact: One Leisure St Neots
Tel: 01480 388700

British Tang Sou Dao Federation

(Ren Yi Wu Kwan)
Contact: Mr S.L Treadaway
Tel: 01480 812433 or 07784 036176

Gransden FC

Contact: Stuart Titmus
Tel: 01767 263041 or 07976 947128

Great Paxton FC

Contact: Dave Thacker
Tel: 01480 393700 (after 7pm)

Hunts Fencing Club

Contact: Ivan Ward
Tel: 01480 380804
Website: www.huntsfencingclub.co.uk

Hunts Howzats Cricket Club

Contact: Jane Rawlings
Tel: 01480 213689

Little Paxton Colts FC

Contact: John Botham
Tel: 01480 394506
Website: www.littlepaxtoncoltsfc.co.uk

Stageworks Performing Arts

Contact: Yvette Curtin
Tel: 01480 812626
Website: www.stageworksstudio.co.uk

St Ives Aiki Dojo

Contact: Sensei George Hemmings
Tel: 01480 355413
Website: www.stives-aiki-dojo.org.uk

St Neots Badminton Club

Contact: Sandra Dennis
Tel: 01480 880129

St Neots Crazy Skaters

Contact: Chris Gore
Tel: 01480 385825
Website: www.stneotscrazyskaters.co.uk

St Neots Hockey Club

Contact: Bill Wood
Tel: 01223 560454

St Neots Squash Leagues

Contact: One Leisure St Neots
Tel: 01480 388700
Website: www.oneleisure.net

St Neots Swans Swimming Club

Contact: Linda Ashley-Davidson
Tel: 01480 380466
Website: www.swans-swimming.com

St Neots Town FC

Contact: John Botham
Tel: 01480 394506
Website: www.stneotsfc.com

St Neots Town Youth FC

Contact: Gary Fone
Tel: 01480 811243
Website: www.stneotstownyouthfc.co.uk

Tang Soo Do Federation

Contact: Peter Nelson
Tel: 01480 404597 or 07971 733112

World Tang Soo Do Association

Contact: Mark Allen
Tel: 01480 435977

World Soccer UK

Contact: Kabir Rajha
Tel: 07904 733502
Website: www.soccerleagueuk.com



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One Leisure Huntingdon
St Peter's Road, Huntingdon PE29 7DA
Tel: **01480 388600**

One Leisure St Neots
Barford Road, Eynesbury, St Neots PE19 2SA
Tel: **01480 388700**

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