

Newsletter

Thank you

Hello Friends

A huge thank you to you all for your support and friendship;

Giving us a flying start to 2014.

Whoop Whoop !!

The ever changing and challenging routes are definitely keeping us on our toes and we are pleased and delighted at the changes that are taking place: Energy levels are increasing everybody is getting fitter faster and stronger.

We are welcoming new members every week. Who always say how friendly the other members are.

Sally and Anita



Volume 1, Issue 1

April 2014



Susan's cast

For Sale

- Poles and water bottles available.
- New T-shirts, yellow with purple logo.
- Purple hoodies

News

- New circuit training classes
- Fitness day in September
- Six church walk
- Long distant walks



Andy's Challenge

Well done to Andy for completing the sports relief challenge in fine style, walking six miles with weights; raising £238.00.

This Event has helped prepare him for a sixty five mile challenge in August to raise money for Halsey house Cromer.

We are missing our friend Susan, who will however not ignore the 'KEEP OUT' sign again, but she is on the mend and we hope to see her soon.



Go Andy



Sally's Nemesis

Our Friday 9.30 am Nordic Walk, level 3 class will never forget the day Sally met her 'Nemesis' in the form of a HUGE Highland cow on Mucklebrough Hill, Weybourne.

While everybody gingerly walk past, Sally was seen running up the bank leaving everybody behind.



Marathon

Our Distance Challenges are underway in readiness for our Nordic Marathon on the Sunday 27th July;

A twenty six mile walk along the Weavers Way.

We shall be raising money for The Norfolk Hospice. Has a Nordic Marathon Ever been done before?

Thursday Power Walk Class

Our new and exciting Thursday one and a half hour Power Walk class at various locations which includes hills and exercises that takes you out of your comfort zone.

Diana accepted the challenge and met it full on and has noticed a change in herself.

'This weekend my dear hubbie said he noticed that I looked trimmer. Personally I think it is the different hills we are now doing - plus I think the Salthouse hill has enormous psychological and physical effect as it is hard - but brilliant. It is no good if I am not pushed' Diana



Food For Thought

WHY - Do we feel guilty for being good to ourselves?

For giving our bodies the attention they deserve.

HOW - Much better we all look and feel when we make exercise a part of our daily routine.

I am talking daily maintenance, ten minutes is all you need.

Be Positive – In posture, mind and body, if you slip into negative- deep breaths into the belly and Change !! Now

Once again thank you friends

Have some fun every day and enjoy being positive

xxXXxx Sally & Anita