

Get 20% off  
PERSONAL TRAINING this January 2025!

Are you ready to get  
Fit in 2025?

Stay **on track** and **motivated** with our **experienced Personal Trainer John** who will support you in starting an exercise programme that is tailored to **your personal wellness journey**.



Book your **free consultation** with PT John and purchase a **5 session 1-1 PT bundle and get 20% discount!**



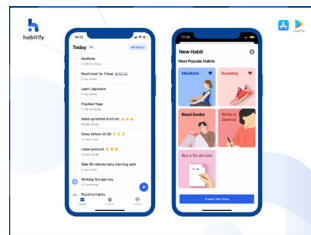
Arlene recommends this book:



Wintering is a poignant and comforting meditation on the fallow periods of life, when we must retreat to care for and repair ourselves. Katherine shows us how to come through these times, like the seasons, our winters and summers are the ebb and flow of life.



USE TECHNOLOGY to your Advantage



Studies show that **tracking your progress can significantly boost your chances of successfully building and maintaining habits.**

Fuel your journey with insightful metrics, celebrate your milestones, and stay motivated on your path to success.



DEC 2024 / JAN 2025  
Feel free to take me home

YOUR MONTHLY WELLBEING UPDATE

## Take charge of your Health & Fitness this Year

We are here to Support your Goals

What are your health goals for 2025? Are they the same as last year ie. get fit and lose weight? Maybe you started well in January 2024, but lost momentum after a few weeks. It is very difficult to start, let alone sustain healthy resolutions, especially during a Scottish winter!

However, **you are not alone**. Before you think about your new goals, take a moment to think of **what will keep you motivated**, week after week, **to continue exercising in order to reach your health goals** and then, how to sustain them?



### HOW TO FORM AN EXERCISE HABIT

- 1. Start small:** The saying walk before you run comes to mind here. Remember even **fitting in one exercise class is a win** and is a great start to the road to success.
- 2. Plan, plan, plan:** Think of all possible scenarios that could stop you from reaching your goal and have a Plan B.
- 3. Be proud of yourself** for putting in the effort and remember **how great you felt after your PT session or class!**
- 4. Don't be hard on yourself** if something came up and you had to miss training. This should not sabotage the rest of the week! Plan for the next one!
- 5. Get support:** Do you know why having a **personal trainer works?** It's because you have someone **invested in your progress** and they will be **cheering** you on, wanting to keep you motivated!

#### PERSONAL TRAINING PROMOTION

Find out how to get a **20% discount** on a Personal Training bundle on the back of this leaflet!



## WHAT'S COMING UP at Life Fit Wellness for 2025!

### Pilates for Golfers in Linlithgow

We will be kicking-off our ever-popular Pilates for Golfers 5-week programme in January 2025 which is specific for people wanting to get golf-season ready!



### Golf Screening

Now is the perfect time to have a Golf Screening assessment designed to identify physical impairments, such as restricted movement or muscle weakness that could be affecting their golf swing.

This screening helps prevent injury and may make a remarkable difference to how you play!



### Nordic Walking & Ruck Fit sessions

Don't let the darker evenings keep you indoors this Winter! Enjoy our more gentle **Nordic Walking sessions in Bo'ness** and our new **Ruck Fit class** for those who want an **adventurous outdoor workout** at the **Helix Park Falkirk**.

**Nordic Walking:** Tuesdays at 9:00am  
**Ruck Fit:** Wednesdays at 5:30pm

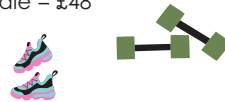
### Pilates classes

Pilates is an excellent form of **exercise that tones and strengthens while working on your flexibility and mobility**. Find those muscles that have long been forgotten! We have classes at both our **Kingsfield and Falkirk branches**.

### Strength Training classes

Get to grips with the the basics of strength training with a **1-1 or 2-1 session** with our Personal Trainer John before joining in the regular **Strength training classes**.

**Price:** 5 x class bundle = £48



### Personal Training

Our Personal Trainer John is terrific at giving you the **extra motivation and support you need to get into a workout routine devised with your specific needs and goals in mind**. This is well worth the investment to help you reach your goals!



## WHAT THE TEAM HAS PLANNED THIS FESTIVE SEASON

I love spending time with my wife and her side of the family. An abundance of food and a stroll on the beach Christmas day! **Stefan**

I mostly enjoy catching up with friends and family and watching my great-nephews opening presents. Goals for 2025 - to methodically declutter my house! **Katy**

Family time and an excuse to pop open the champagne!  
**Jackie**

Having a day off with all the family and wine!  
**David**

Spending time with family on Christmas eve and watching a movie. On Christmas day we will be joining family members for lunch! New year's resolution is to bench 100! **Paul**

I will be looking forward to having no time limit on my festive dog walks in the hills! My 2025 goal – to improve my mediocre skills at Aussie Rules Football! **Morven**

All the Selection boxes! **John**

Going to my daughter for lunch! Next year plans: pay for her wedding and lose weight and get fit! **Ian**

Relaxing with family and eating boxes of Quality Street! 2025 goal - complete my injection therapy training! **Emmet**

Best thing about Christmas is spending time with family, particularly seeing the excitement of the children. 2025 goals... to get to 2026! **Stewart**

Catching up with family and friends. More 'Me time' and to explore my craft cupboard and hopefully make something!!  
**Arlene**

For any **class bookings or queries**, please chat to the **Reception team**.