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## NOVEMBER NEWS LETTER 2013

### BIG CHANGES!!!!!!

What an amazing transformation the body barn has gone under in the last Month. Now Maurice and Danny have become fully fledged into the business, making the barn our full time Job. Well, what does this mean to you?

As you know, there are now 13 sessions available for you to select from in the week. This makes it more flexible, more accessible and no excuses for not putting your fitness and health first. We really want to ensure you have every opportunity to get the results you have always wanted and needed! Especially with a record number of members now, topping **170 Body Barners !! Some of you being here from the very start when the barn doors opened.**

The biggest move to aid you with your individual goals and visions are the 1:1 Personal Training session at the barn. We are now providing you with a more tailored approach to reach your individual needs. There has been an unbelievable uptake from barn members and Non barners. It has really shown to us how driven and motivated people are to wanting change. We have two of our barners who wanted to tell their stories of the 1:1 experience later on in the newsletter.

Another bespoke package is **individual monthly support on Nutrition** – providing you with 1:1 daily support on your eating habits, lifestyle change and supporting you in your specific needs.

After Christmas we also have another exciting product being introduced to you. This is our BODY MOT | 10-point fitness test.

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### FITNESS TESTING CENTRE

TAKE THE BARNER HEALTH STATUS QUESTIONNAIRE & LET US GIVE YOU A HEALTH MOT



One of the things that The Body Barn prides its self on is the ability to look at clients as an individual, to support them through their own personal journeys and achieve promised results. One way we believe that's imperative to you knowing your body is through a 10-point fitness test and a personal Body MOT. The Barner Body MOT | Fitness Assessment is the next step in designing each client his or her individual exercise, nutrition and lifestyle prescription. This quarterly assessment is an essential part as it determines what each client is achieving by logging their results, so they can see the changes and improvement's for themselves as the figures never lie!

#### The test includes:

1. Multi Stage Fitness Test, 2. Press up and sit up, 3. Body Fat Composition Body Shape ,4. Glucose and Cholesterol , 5. Peak Flow , 6. Postural Analysis , 7. Nutritional and Health Par Q , 8. Blood Pressure, 9. Heart Rate Zones and 10. BMI

There is more to come in the New Year however, how much do you value your health. If you do, **Watch this space for a life changing experience.....**

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## Client of the month profile

**Name:** Emma Mccartney

**Age:** 39

**Occupation:** Specialist Midwife (Practice Development)

**Reason for choosing the barn:** I initially started the Barn in late Spring on a fellow 'Barners' recommendation...and have never left!!! The barn offers an all round package - fitness and nutrition and is kept fresh due to the change in circuit every 2 weeks. The 'Barners' made me feel extremely welcome and the atmosphere is non - threatening, friendly and supportive.

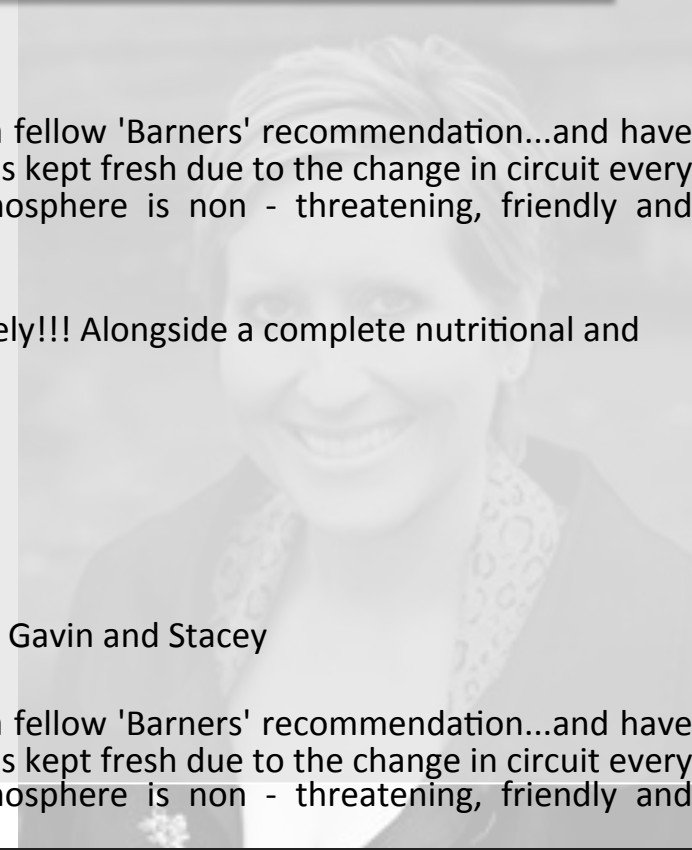
**What are your goals and why:** to lose body fat and improve my BMI ultimately!!! Alongside a complete nutritional and lifestyle change....

**Favourite Food:** Asian food - the hotter the better and Italian!

**Favourite Cheat Food:** A plate of pasta with a creamy sauce!

**Favourite TV Programme:** love comedy sitcoms such as The Royal Family and Gavin and Stacey

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## Client of the month profile

**Reason for choosing the 1:1 Personal Training :** As a special birthday is looming, I decided not only to continue with the group sessions at the Barn, but also invest in 1:1 sessions to complement them. 1:1 is not just about the session itself but also the 'homework' too! I have had invaluable support and advice from a nutritional perspective too.

**How does your 1:1 make you Feel:** Before commencing 1:1 I felt quite nervous and did not know what to expect not doing anything like this before! After several sessions now, I really look forward to 1:1 training, knowing that the session has been tailored precisely to my needs and goals. During the session ...well its challenging but Danny is extremely encouraging and supportive throughout and knows my limitations. Following the session, apart from feeling tired the sense of personal achievement is amazing!! Knowing that I have worked to my maximum potential for an hour is exhilarating and I am one step nearer to my ultimate goal!

1:1 is brilliant for me....I need the discipline and support from the Barn in order to achieve my objectives. The barn have a full understanding of my needs and therefore 'tailor' my sessions in order to meet them. In addition to the session, the Barn monitor my nutrition and diet - I have made big changes to this and followed the advice received from Danny. This has had a huge impact on my feeling of wellbeing both physically and psychologically and I am starting to feel amazing. Its truly perfect!

We will be having a follow up with Emma in the next few Months – just to say after 6 weeks amazing results

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## Client of the month profile

**Name** : Paul Raybould

**Age** : 32

**Occupation** : Sales Manager

**Reason For Joining Body Barn:** Alternative training as i was doing a lot of running before i wanted a all body workout.

**Goals:** weight loss, reducing body fat and becoming stronger

**Favourite Food:** Roast Turkey and Veg

**Cheat Meal:** Lasange

**Tv Programme:** Revolution and Suits

**The Reasons For choosing 1:1 Personal Training:** i wanted one to one training to push myself hard and get enhanced results quicker.

**How you feel:** I feel stronger and my body is changing shape in the right areas, My upper body is an area which has changed quickly and noticed improvements



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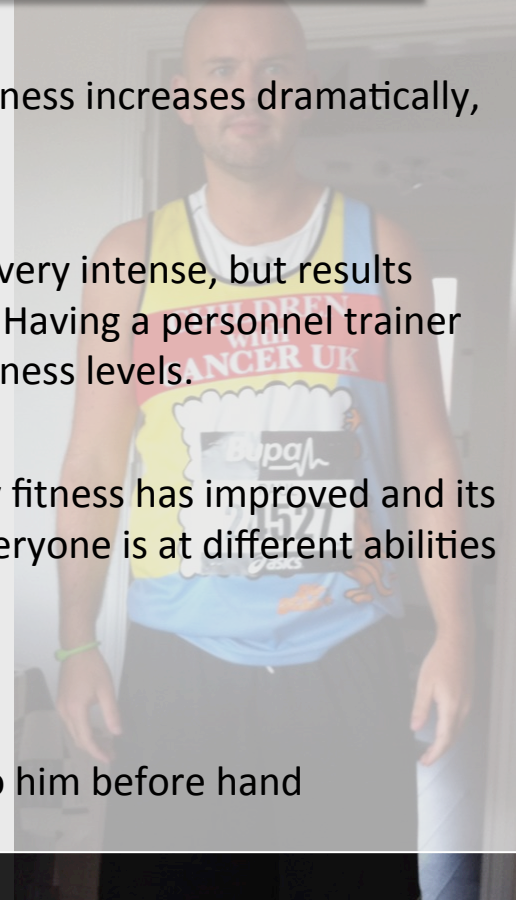
## Client of the month profile

**What's it Like at your 1:1 sessions:** the 1st session was really hard but your fitness increases dramatically, feel stronger every week.

**What are the Benefits of your 1:1 sessions:** They make you work hard and is very intense, but results come quicker. My technique also become better and noticed core is stronger. Having a personnel trainer increases your fitness as all 1-1 sessions are designed to suit your goals and fitness levels.

**Why do you do group session:** I do group sessions as it is great to see how my fitness has improved and its a great social group where every one encourages each other to work hard. Everyone is at different abilities and you can see peoples fitness improve on a monthly basis

We will be having a follow up with Paulin the next few Months- Have a chat to him before hand



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## The Christmas Shut Down

Christmas is ever approaching and some of you have been so dedicated in reaching your Health and Fitness goals, you may have forgot about your own present shopping for family and friends. No worries, you will have some time to do this. We are delivering our last session on **Saturday 21<sup>st</sup> December** and re opening on **Monday 6<sup>th</sup> January 2014** to get you back into shape! An exciting year ahead – with some exciting opportunities coming your way.

## Little Gift

If you are thinking of someone special, but you don't have a clue what to buy then for Christmas. At **the body barn** we now have A Gift Voucher available for purchase. These are for our body barn group classes and for our 1:1 Personal training Classes too.

Contact us on our Website for more information or Danny on 07545446468.

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## 10K Obstacle Run

On the morning of 24th October myself Lee, Stacey, Jen and Danni set out to run a 10k obstacle course, I'm still not sure who's bright idea it was to do this on a cold wet Saturday morning, it's not usually how I would choose to spend my day.

Now as some of you may know to say I was a little apprehensive about this event would be a massive understatement, as most if not all of you will know I don't like to run, in fact I HATE it!

My preparation in the run up to the event also left a lot to be desired as unlike the others I didn't manage a single run before hand and to compound matters I had never ran over a 5k distance in my life, but I thought lets give it a blast I mean, how hard can it be, plus the fact Lee would never have let me live it down if I pulled out. so there I found myself at the start line in a pair of shorts a running top and a pair of running trainers, I guess you could say At the very least I looked the part, all the gear and no idea!

Although it was tough it was surprisingly a really enjoyable experience, I have to say a huge thanks to Lee and the girls as it really was down to them i got through the course without stopping and we finished the race as we started, as a team, all be it a hell of a lot more muddy and smelly than before we set out!

Who would have thought running in the rain on a cold October morning could have been so much fun.





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Always having to wait for Jenny

Having a bath is such a change.....



Lets start working hard now!!

Come on Maurice

My Hip Flexor

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## 3 Peaks Challenge

2014 Charity Challenge

Saturday 21st June 2014

Yorkshire 3 Peaks

25 miles of walking and over 7,000 feet of climbing

Last year the Body Barn joined a local walking group from the Telford area to take on the Yorkshire 3 Peaks challenge in the name of charity. Last year saw all 9 barners complete the route and raise some unbelievable monies for some great causes.

Now we approach 2014 and its time to find a new group....so if you fancy a challenge for 2014, and at the same time raise some money for charity, and set some new individual goals please take one big step and join us. There is well over 6 months to prepare from xmas, and a full programme of training walks will be arranged.

Please send Danny or Maurice your details if you would like to know more at [info@thebodybarn.co.uk](mailto:info@thebodybarn.co.uk). It is a tough day but a very rewarding one