Fit Times

Special edition for members of Tonics fitness centre **Special 4 page Summer Edition**

BEACH BODY Serious about getting in shape?

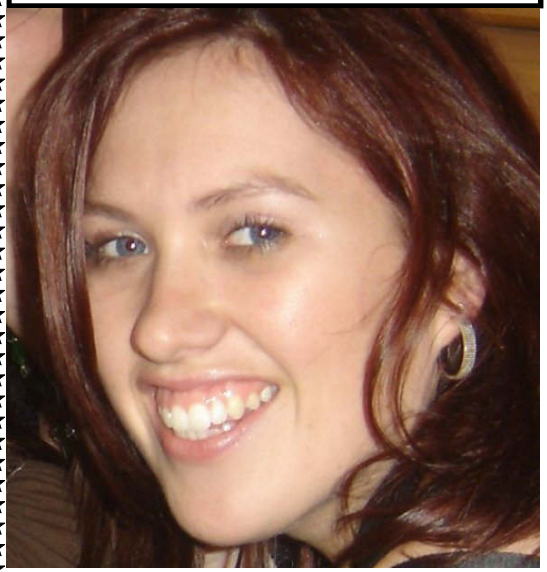
This issue is all about getting in shape for Summer. Are you ready for the beach or ready to look beached? Anxious that Greenpeace might cart you away when you're trying to sunbathe?
Don't worry BEACH BODY is the perfect programme for you.
Each workout burns a minimum of 500 calories.
SEVEN WORKOUTS= 3,500 CALS= 1LB OF BODY FAT.
All you have to do is follow the four simple steps -
BEACH BUTT-15 MINS CROSSTRAINER
BODY ROCK-10 MINS ROWER OR ARMBIKE
LEAN LEGS-150 CALS ON THE TREADMILL
THE BURN-10 MINS INTERVAL TRAINING

For faster results-replace one meal a day with Ultralife Fitness/Slim shake & add the extra exercises on the Superboost card.
If you are determined to lose weight perform this programme 3-5 times per week & combine it with a healthy eating programme. Tonics member Chris Barnes lost 7 Lbs in 2 weeks replacing lunch every-day with Ultralife Slimshake & training 3 times per week.

SHRINK INTO SPRING

Shrink into Spring was the 500 calorie a shot fat burner de-signed to help you shed those rolls by June. A fantastic effort was made by everyone who entered. Well done to runners up who all finished the programme-burning a whopping 21,500 calories-CORINNA CASTLE, IAN CASTLE,DEL-BOY, ROGER SILLS LORRAINE WILLIAMS& GILLES WILFRIED . However, just as in The Big Brother House-there can only be one winner. Congratulations to HANNAH TURNER. Initially a casual user, due to working on a cruise liner-Hannah has been a lifestyler since beginning work at kent Science Park. Hannah loves us-ing the gym, but also has a real liking for kickboxing. She has just signed up for her 3rd course at Tonics and also trains with Invicta at their Sheppey venue. On top of this –Hannah has also signed up for The Kettlebell Workshop here on July 19th. Well done again Hannah for your great effort-you win yourself a totally bitchin Tonics Sweatshirt.
If you want the chance to win a Tonics prize and burn some serious blubber at the same time sign up for BEACH BODY !

The winner-
HANNAH TURNER



Inside...make friends with the treadmill to get that Beach Body.