



Way of Life QE Leisure Centre,  
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## Christmas 2008

*The **Way of Life** team and all the Queen Elizabeth Leisure Centre staff would like to take this opportunity to wish you all a very Happy Christmas and a Happy New Year.*

This year has proved to be a very good year for referrals with over **400** people, up to October so far, coming along to see us here at the Leisure Centre. All the local **GP surgeries** and health professionals are involved in referring people to the centre.

We would like to share with you some of our **success stories** because thanks to our Local GP's and Health Professionals many of our clients are enjoying a much healthier lifestyle.

**Chris Hall** came to see us three years ago. He has since given up smoking, his fitness levels are so much better and he has taken up Scuba Diving which he says he would never have done without the confidence that getting fitter at the gym gave him.

The **COPD group** is working well, comments from one sufferer is that he is "*now in control of the condition instead of the condition controlling him*".

How we love our **70's+ group**. Most of them can walk and cycle for 30 minutes whilst chatting away and then work at upper body exercises for another session. **The cup of tea** is our favourite time of the week as they all are such a social bunch.

Our own very special **Dorothy** who is **92 years young** was recently interviewed at a local seminar by Diana Moran, the GM TV Green Goddess, as to her care with her Osteoporosis to which she replied going to the gym and attending her local support group has been very beneficial.

### Eatwise and Energise

#### "At last, sense and reason"

is the comment from one of our regular customers who took the step to attend our Eatwise and Energise group.

**Claire Pinder**, the senior community dietician has now trained the Way of Life staff to inform all interested people in the balance of good health and our customers benefit from 10 weeks of interesting topics plus having the opportunity to use the gym or pool. The support of ongoing drop-ins each week has proved to be the success of many clients achieving their goals.

### NEW COURSES FOR 2009

New course starts  
**19th January 2009.**

Please call **888208** to book in for an initial consultation

# NEW YEAR, NEW YOU

We would like to introduce the first of a series of LADIES workshops for 2009

## Goal-Setting with Liz Clough of Turquoise Personal Development & Training Co.

Tuesday 27th January 2009 at 7.30pm-10pm

Please book on 888208

Price 7.50 includes wine and nibbles.

*As one-year ends and a new one starts, often this is the time when I make resolutions, fresh ideas come to the surface...sound familiar?*

*By the 2nd week in January, my New Year's resolutions are broken and my great ideas are sunk...sound familiar?*

*If you have answered "Yes" to either of the above, then this Goal-Setting Workshop is just for you. Come along to the workshop and learn how to:*

- Identify what it is you really want and set goals to achieve this
- Get "SMART" - turn your great ideas and resolutions into practical actions that really work for you
- Build your confidence to keep your resolutions on track even when things are not going to plan
- Stay motivated and focused to achieve the outcomes that you want
- Develop resilience and how to deal with negativity from others who may not share your goals.

*This workshop is informal and fun*

