

New AFT workshop

Following the successful completion of their AFT course Matt Morgan and Ben Howarth are now advanced functional trainers. Be on the look out for their new workshop to be run on Saturday afternoons at no cost to Mifit members. For those who are bored in the gym and want new and exciting ways of training get in contact and book your place. Starting July 2009!

Mifit member announcement

Mifit would like to make members aware that over the next month their will be a crackdown on members failing to bring their keys to the gym. So if you want to do a workout please make sure you remember your key.

Secondly, Mifit would greatly appreciate it if members could get into the habit of putting their weights away. Not only will this help the Mifit team but also your fellow members. Many thanks!

Finally, following restructuring by head office the new position of assistant manager was created. The successful applicant was our very own Susan Pilkington promoted from duty manager. Susan will now be working closely with manager Ruth Graham to ensure Mifit upholds a high standard of service.

Looking for

At present Ben Howarth of Fit4Ever is looking for companies and local businesses who are interested in implementing health, fitness and wellbeing initiatives within their workforces. Currently sick leave is estimated to cost the economy £100 billion a year. Think about the effect cutting sick leave could have on your business. By changing employees exercise and eating behaviors we at Fit4Ever can help you make a difference during these challenging economic times. Interested? Call Ben Howarth on 07769656915 or alternatively email Ben on benhowarth871@msn.com for further information.

F4E

Fit4Ever

Be all you can be with a personal training.
Call Ben Howarth on 07769656915 to book your complimentary session



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To advertise your business on this newsletter contact
Ben Howarth on 07769656915,
benhowarth871@msn.com

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Welcome to our newsletter for July 2009

Summer time is here, the sun is out and everyone is hitting the gym hard ready for their hols. Therefore this is an ideal opportunity to introduce everyone to Fit4Ever, a personal training business run by sport scientist Ben Howarth (pictured below).



Whether someone wants to train outside, at home, or in the gym, 'Fit4Ever' has the solutions to get them in shape. I pride myself on providing a professional, motivational and caring service that importantly gets results. Together with my dietician, 'Fit4Ever' can offer the complete, unique and individual package of correct nutrition and exercise enabling anyone to succeed, whatever their training goal. Do you know of someone who has trained with little or no improvement or of anyone who is struggling in their exercise regime?

Whether it is improved health, weightloss, fitness, or sporting performance please think of 'Fit4Ever' and book a complimentary trainer session.

New website

Fit4Ever trainer Ben Howarth is pleased to announce that a new website will be up and running in July. Designed by Fairhill Solutions web developers it will allow you the member to access all kinds of interesting information such as my personal blog and a members forum where people can post comments and ask questions about exercise and the gym in general. For all those that are already part of the 'Fit4Ever family' I hope to have a secure section where previous training sessions carried out with me can be viewed.

Wedding package

Over the past few months some of you may have noticed a folder on the reception desk promoting Wedding Gems Wedding planners based in Pontypridd. The company is run by Deborah Orum who has a wealth of knowledge and experience to get those of you are getting married a few bargains.

Deborah has various packages to suit all budgets and can genuinely save you thousands of pounds towards the cost of your wedding. At the same time why not get the body you desire. The total package includes a 20% discount on personal training block bookings with Ben Howarth and a session with Wedding Gems to make your big day even more special!

Diet & Exercise pack

Diet and exercise is the best way to trim up. With this in mind Fit4Ever teamed up with qualified dietician Helen Penny BSc (hons) RD. This is a brand new initiative and we are pleased to report that the pilot studies have yielded excellent results. One participant over a 6 week period lost 6.5cm off her waist and 4 cm off her hips. This has enabled her to drop 2 dress sizes. While over the same period another participant lost 3 cms off his hips and waist as well as losing 3% body fat. Not to mention feeling fitter, stronger and more energised. Just think about how well you could do!

Training Tip

Want stronger abs? Use a swiss ball. Doing crunches on the floor limits your range of movement as you can not travel past 180 degrees. Use the curve of the ball to really make those abs work!