

Newsletter January 2018

Hello everyone and a Happy New Year to you all.

2018 promises to be an eventful for Jacqui at least. Having completed the Marathon des Sables in 2017, she is now going to the other extreme and running 6 marathons in 5 days in the Amazon Rain Forest!! As if that wasn't enough she is then taking part in an ultra triathlon that involves a 5km swim in Loch Ness, a 900 km bike ride from Loch Ness to Windsor and finally a 50km run. I feel tired just typing about it.

We have been busy having the gym decorated before the arrival of a new Arc trainer in early February. In addition, we have also purchased a ski ing machine that we are sure you won't have seen or used before. For those of you planning a ski holiday this year it will be great preparation, and even if you aren't it is still a great workout for your legs and aerobically.

We have just posted an article on activity monitors on the website explaining how they

should be used to motivate you to increase your activity and not just ignored.

Everyone appears to have good intentions to get or maintain their fitness and health in the new year, and hopefully we can assist you with motivating and challenging programmes, using the latest equipment. So if you have any specific aspirations regarding your fitness please mention it to us so we can assist you.

Don't forget you can stay up to date with what we are doing and get some health tips and advice by viewing the website www.functionalphysio.net or twitter [@adamlovegrove](https://twitter.com/adamlovegrove).

Once again wishing you all a happy and healthy new year

Adam and Jacqui