

**HAPPY NEW YEAR!!**

## **SALE SALE SALE!!!!**

Skinny jeans feeling a bit snug? Time for damage control; time for JAZZERCISE!

To help you shed those Christmas pounds we are offering a great deal for any new or existing customers who sign up during the week commencing 9<sup>th</sup> January.



Pay NO JOINING FEE, get the rest of January FREE, plus 5 FREE DAY passes for your friends when you sign up for Platinum EFT Membership.

This offer is only available for 5 days!!

**Spread the word – this is one resolution you won't want to give up!**

## **BOUNCING BABY GIRL**



Congratulations to instructor Karen who has had a baby girl, Sienna Margaret Rose.

Weighing in at a considerable 9lb 4oz, Sienna arrived by emergency c-section at 4.40pm on Wednesday 28<sup>th</sup> December.

Both mum and baby are doing well.

## **EASE THOSE SORE MUSCLES**

Coming back to class after the holidays can mean sore muscles. Have a look at these tips to prevent muscle stiffness and soreness:

### **Move more**

Even though you might want to flop onto the sofa, first move a little more. Slowly and gently is fine. Get the blood flowing into those sore muscles by simply walking around the house.

### **Stretch**

Before relaxing in your recliner, stretch your muscles before they stiffen, helping them to become more pliable and flexible. As oxygen flows into your muscles, you'll speed their recovery. It has also been researched that muscles contain stretch receptors that can improve your mood!

### **Drink water**

Water is the ultimate rehydrator. Avoid caffeine and alcohol because they can dehydrate you.

### **Feel kneaded**

Gently massage overworked muscles, prompting nutrient-rich blood to flow through, replenishing them.

### **Pack in protein**

Your muscles are hungry after exertion. They crave protein. Choose natural sources such as fish, poultry, lean meats, nuts, and lentils.

### **Soak in a tub**

A warm bath cures many ills, and always helps ease stiff muscles. You'll also sleep better after a bath, helping you awake refreshed. If you're brave, try a hot/cold treatment, alternating water temperatures every couple minutes, to open blood vessels more.

### **Ease back in**

When your muscles are feeling rested, ease back into your normal fitness program gradually so your body has time to catch up with all the plans you have in store.

Remember, the most effective way to relieve muscle soreness after an active weekend is to move a bit more, drink lots of water and nourish your muscles back to health.

## **BAD WEATHER**

Your safety is paramount and therefore class policy is if the local schools are shut due to snow and bad weather conditions we will also cancel class. We will post any class closures due to bad weather on our facebook page and also on the website.

*From all at Jazzercise we would like to wish you a happy and healthy 2012!*