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## **FITNESS CENTRE & PRO SHOP**



The Team (KCC management and members of the Fitness Centre/Pro Shop Sub-Committee) wish everyone a very joyous and prosperous Year of the Tiger.

We hope everyone has noticed the 'softer' rules of the Fitness Centre which have been posted in the Centre. Please remember that the Centre is there for everyone and we must work together to make every visit an enjoyable and life-changing experience.

Have you considered?

- Why are you going to the Fitness Centre?
- What are your goals?
- Are you maintaining a record to help you gauge whether you are meeting your goals?

There are many good reasons to exercise but if weight loss is important to you, you must also consider your diet. Exercise alone is unlikely to help you lose weight. For those members struggling with weight loss, have you considered maintaining a food and drink diary?

This way, you will quickly see what you may be doing wrong. There is a huge amount of information available regarding fitness and diet; some say too much and it is not The Team's intention to try and promote any particular magazine or website. What we do recommend, however, is that you take some time to review what you want to achieve, do a little bit of research to find a programme that meets your own lifestyle and keep a record, including a food diary, to help you achieve your goals. If it is all too much for you, you can always fall back on a personal trainer who will do most of the thinking for you – but remember he/she can't control what you eat!

As always, when taking part in exercise or diet, consult your doctor if you are unsure.

The Team is looking into a number of ideas to make the Fitness Centre even better. One suggestion is to offer for sale private headphones to members to enhance personal hygiene and examining other areas in the Club where fitness activities could be carried out. The equipment is under constant review as well as maintenance contracts. Safety is of paramount importance so please make sure you have switched off your treadmill before getting off and, when using free weights, always check behind you to ensure no-one has left equipment on the floor which you might fall over.

The Shop continues to operate very efficiently and the staff is always on the look-out for new items. Wine continues to be the biggest seller. The Shop introduced a line of Chinese New Year items which we hope you enjoyed.

Easter is but a short jump away and we are researching some items for our Easter promotion which will commence in March and continue until Easter.