Moat House Leisure Centre Newsletter!
June | Issue 25

Moat House News

- Good luck to anyone and everyone doing an event this month 😊
- A massive well done to James Lakin who topped the Fantasy Football league for 2017/18. A worthy winner beating other members and staff throughout the year. A shout out to Jodie Stansfield for finishing 3rd overall and first lady, beating Simon in the process! Below is the top half of the table;

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<td>Suplex City FC</td>
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<td>Titanium Legs</td>
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<td>12 Inches, Simon Blay</td>
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- We go again in June for the World Cup league, please join us and may the best man or woman win 😊  
  https://www.thesun.co.uk/dream-team/fantasy-football/
- And predict your scores with our world cup predictor, £2 a go 😊

Upcoming Gym Challenges

June-July 2018

Strength Challenge

Please see an instructor if you want to complete these challenges.

 Biggest loser

Join us for the biggest loser challenge, with quarterly weigh ins throughout the year you get a chance to achieve massive weight loss by the end of 2018, work with an instructor and strive for success this year!

Future Events:

June 2018:

3rd Wolf Run
https://thewolfrun.com/

10th Two Castles 10K run
http://www.twocastlesrun.org.uk/

July 2018:

8th Northbrook 10K run
https://www.northbrookac.org.uk/10k/

Please keep an eye out on the gym events board for more going on in 2018!

Motivational quote

May

“The greatest health is wealth”

Make you the priority!

Simon Blay
(Fitness Instructor)

Daniel White
Health and Fitness Manager
Danny.white@coventrysports.co.uk

Simon Blay
Fitness Instructor and editor
Simon.blay@coventrysports.co.uk
Mental Health

Mental Health awareness week was in May from the 14th – 20th. Our mental health is vitally important, possibly even more important than our physical health. We come to the gym to improve our physical shape, fitness, strength, core the list goes on. But what are we doing mentally? Possibly these affects are happening without you knowing, maybe you see the signs and appreciate what is happening to our minds from the physical output. So from all our gym work what benefits can we expect to see?

- Reduced Stress
- Boost Endorphins
- Prevent Cognitive decline
- Alleviate Anxiety
- Increase Relaxation
- Sharpen Memory
- Improve Self-confidence

There are more benefits. But whether you are exercising currently or not exercising and suffer from some of the above, we have the answer! Come to the Moat House get a sweat on, do some training and reap the awards. We are talking about a whole lifestyle choice here. By doing one thing you can affect the other and knock on effect is incredible. As trainers at the gym we all relate to both the physical and mental benefits. Sometime the mind can be the barrier to get you to the gym but once you are here you feel amazing, from this you knock down that barrier and get stronger in mind and body. Lead a healthier and happier life, both physically and mentally 😊

Instructor of the month May 2018

Candy Gane:

Candy is our instructor of the month for May following your votes and feedback online. Candy puts on some great classes in the morning and evening at the Moat House, with Clubbercise one of the most upbeat and popular, all the way through to a relaxing Pilates session. These classes are working well and as a gym having this experience and drive here is fantastic. Well done 😊

Class of the month

May 2018

Pilates (Tuesday 5:30-6:30 pm) Ami Hakimi:

Well done to Ami who has had a very successful opening few weeks with her Pilates class on a Tuesday evening. This class has continued to grow and has received some really positive feedback from all the members that take part. Pilates in fantastic for relaxation, stretching and engaging that core. A lot of the work we neglect in the gym can be done in this class for a balanced training programme. Take part and feel the benefits.

Shout out

Well done to Emma Fielding and Graham Nicholson for winning the Thor Hammer Hold challenge in May respectively.

May member of the month!

Rebecca Dakin 😊

Well done to Rebecca this month. We have picked a returning member as our shout out this month as fantastic progress has been achieved. Rebecca is combining both nutrition and exercise to achieve some significant weight loss. Taking part in the classes and pushing her body to different levels has paid dividends with fantastic positive results. Keep up the good work and we hope you continue on this journey.

Try something new in your routine, help to the body to adapt and gain positive results like Rebecca. Moat House Fitness Team.

Do this!

Cable ab rotations.

A great core exercise to get that oblique’s in shape. You really have to squeeze your abs and switch them on to move the weight. Give it a go and let us know your feedback 😊

Tips:
- Straight arms
- Core tight
- Breath through each rep

Enjoy #Moativation