

# 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 3<sup>rd</sup> overall and first lady, beating Simon in the process! Below is the top half of the table;

Rank	Team & Manager
1 ●	<b>Men Behaving Chadli</b> James Lakin
2 ●	<b>Suplex City FC</b> Paul George
3 ▲	<b>Bosses Boys</b> Jodie Stansfield
4 ▼	<b>titanium_legs</b> Matt Tooke
5 ●	<b>12 inches.</b> Simon Blay
6 ●	<b>Chocolate_Thunder FC</b> Daniel White
7 ●	<b>Kalukey FC</b> Luke Cleaver
8 ●	<b>Michu at De Gea Ba</b> Kyle Gilchrist
9 ▲	<b>oceans eleven</b> Lorraine Grant

- 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 ☺

**Daniel White**  
Health and Fitness Manager

[Dan.white@coventrysports.co.uk](mailto:Dan.white@coventrysports.co.uk)

## 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!

**Simon Blay**  
Fitness Instructor and editor

[Simon.blay@coventrysports.co.uk](mailto:Simon.blay@coventrysports.co.uk)

## Future Events:

### June 2018:

3<sup>rd</sup> Wolf Run  
<https://thewolfrun.com/>



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



### July 2018:

8<sup>th</sup> 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)

## Mental Health

Mental Health awareness week was in May from the 14<sup>th</sup> – 20<sup>th</sup>. 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. Sometimes 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 is 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 ☺**

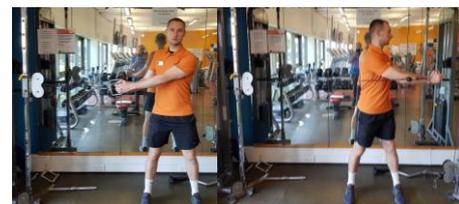
Well done to Rebecca this month. We have picked a returning member as our shout out this month as fantastic progress has been achieved. Rebecca is combining both nutrition and exercise to achieve some significant weight loss. Taking part in the classes and pushing her body to different levels has paid 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