

Dear Members and Guests. The Sunstone Team would like to wish you all a very happy and prosperous new year. We are starting 2012 with a New, Newsletter which will be giving tips as well as useful information about your club.

## Classes

### LES MILLS

NEW LAUNCH Thursday 12th January  
With Sallie & Eva

Book Now

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## Booking & Cancelling Classes

Members can book their classes 7 days in advance. Guests can book 2 days in advance in person or over the phone.

Due to the popularity of all our classes, there is a £5 fee if you do not cancel

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## Learn to swim in 2012

New Adult evening courses commencing  
Wednesday 11th January 2012

Dont miss out book now

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## Gym

This months Gym Challenge is New Year - New You Cardio Burn. See the gym girls and get started. Lots of prizes to be won

Get motivated in 2012.

Do you need a exercise review to update your programme? book now at reception.

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Would you like to add your experiences that relate to Sunstone that can be shared with other Members & Non Members?

If so then email them too

Clubmanager@sunstonewomen.com

## Sticking to a balanced diet is easier than you think



### Dairy

Dairy can provide some of the biggest changes with the smallest effort. In swapping full fat milk and cheese for low-fat alternatives, you can cut down on your fat intake without having to undertake a complete overhaul of your habits or preferences.

### Meat and fish

Likewise, your meat intake can be easily regulated by planning ahead, limiting your intake and choosing lean cuts where possible. The recommended allowance for fish is two seafood dishes a week, one of which should contain oily fish such as salmon, herring or trout. As oily fish contains a high source of Omega3 polyunsaturated fatty acids, it's good for the immune system and therefore highly recommended, especially for pregnant women as it aids the development of the baby's central nervous system.

### Staple meals

Main lunches and dinners can easily be based around starchy products such as bread, pasta, rice or potatoes, but as some of these are high in carbohydrates they're best eaten when combining diet with exercise. Eating wholegrain versions where possible will also prove extremely beneficial.