

# NEWSLETTER

I've had a wonderful response this past year from you all and I would like to thank you for all your efforts and support, there has been an average turn-out each week of forty-five, which has been fantastic.

## CIRCUIT NEWS

This years Christmas get together will be on **Monday 8 December**, after training, at the Marlborough Hotel, Market Square, Witney.

Cost per head £3.00

**The last circuit training before Christmas will be on 15 December.**

**FITNESS TRAINING**

**Circuit Training class**

VENUE	<ul style="list-style-type: none"> <li>•Helps to improve and maintain fitness</li> <li>•Improves muscular strength</li> <li>•Improves stamina and endurance</li> <li>•Tones and Firms</li> </ul>
<b>HENRY BOX SCHOOL</b>	
<b>WITNEY</b>	
<b>MONDAYS</b>	
<b>7.00PM - 8.30PM</b>	
<b>£3.50 PER SESSION</b>	
<b>JUST TURN UP!</b>	

**Personal Training**

**FIRST CONSULTATION FREE!**

For more information or to get started call **Roger Bradley Fitness Ltd**

**07939 247556**

We will be back on **Monday 12 January** to work off all those Christmas excesses. I am hoping to introduce a Fitball programme and more work using Fitballs, so why not treat yourself for Christmas

See page 3

## SUCCESS STORY

I first met Roger Bradley at our local youth club, where he was trying to get the children aware of fitness; at that time I weighed 83 kgs (13 stone plus) and was wearing size 18 trousers.

In January, I booked my first six sessions with Roger, at that time I didn't even feel confident enough to go to a public fitness appraisal on me and asked what I wanted to achieve. I could only manage nine press-ups on my knees and seven sit-ups, before feeling exhausted.



Susan Before  
13 stone 2 lb August

Roger always pushed me to my limit, and would set goals for me to achieve, that I thought would not happen, but of course they did.

After a few months of hard work, dietary advice and encouragement, I felt confident enough to attend a keep fit class, run by Roger, for the West Witney Hockey Ladies and a few others like me. The weight began to come down, I even walked



Susan After  
9 stone 8lb

and jogged the Oxford Race for Life, which is 5k (3miles long), in June in a time of 38+ mins

It is now 18 months later, my weight is 61 kgs (9stone 8lb). I am wearing size 12 trousers, and this year, I ran all the way round the 5k (3 mile) Oxford Race for Life in 28+ mins.



# Charity Auction & Quiz Night

**27th  
FEBRUARY  
AT WITNEY  
LAKES RESORT  
7pm**

All proceeds to a local children's charity to purchase sports equipment for use in this area.

## The format for the evening will be

- 19:00 Arrive
- 19:30 Quiz – Two Rounds of Questions  
R1: TV & Films  
R2: Sport
- 20:00 Food  
Mark Papers  
Sport Auction 1
- 21:00 Issue Quiz Scores  
Quiz – Two Rounds of Questions  
R3: Geography  
R4: Art & Literature
- 21:30 Sport Auction 2  
Mark Papers
- 22:00 Issue Quiz Scores  
Final Round of Quiz  
General Knowledge
- 22:30 Mark Papers
- 23:00 Final Scores  
Prizes

There will be tables/teams of ten persons and numbers are limited so remember respond early, be first out of the starting blocks to avoid being disappointed.

Tickets priced at £15 to include nibbles, hot and cold buffet plus dessert, all served to the table. Drinks can be ordered on an order sheet and handed to the bar, and they will also be served to the table, so no queues.

## Any unwanted Christmas gifts are needed for Prizes for the Tombola.

We have already secured the following impressive list of prizes for the Auction.

Welsh Rugby Union World Cup Team – Signed T Shirt, Alan Shearer's – Autograph, Roger Black (400 Metre Runner) – Sweatshirt, Oxford City Football Club – Two Tickets + Goodies, Nottingham Rugby – T Shirt + Signatures

## However, many many more are needed to make the evening a success.

If you are able and would like to donate a prize to this wonderful cause, or sponsor us please contact me on: 07939 247556 – Mobile

I can arrange collection if necessary.

## Charity Auction & Quiz Night

### Ticket Reservation Form

If you are interested please complete and return to me A.S.A.P (don't forget numbers are limited) I/We would like to reserve tickets for 27th February

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ How many Tickets? \_\_\_\_\_

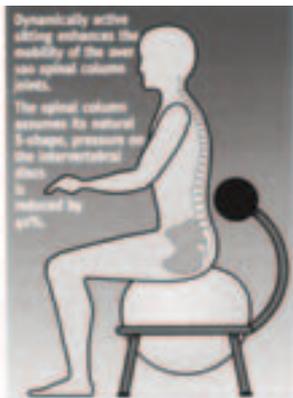
Cheques payable to Roger Bradley Fitness Ltd





## Fitball Powergolf Book & Video Set

In order to play more powerful and consistent golf, the key trunk muscles must have the ability to store and release energy. In this book and video set, Neil Wolkodoff, Ph.D., demonstrates routines that golfers can perform quickly and efficiently using the Fitball to improve trunk strength, power and endurance. Routines cover areas such as pre-season, in-season, power, consistency and pre-vocation routines in both strength/power development and flexibility



Dynamically active sitting enhances the mobility of the spine and inter-vertebral discs. The spinal column assumes its natural S-shape, pressure on the intervertebral discs is reduced by 40%.



Revolutionary Seating Alternative. Reduces the amount of stress which is placed on your back whilst seated. Supports the spine and inter-vertebral discs bringing them into their natural position. Motivates the user to frequent changes of position so eliminating unilateral strain on individual muscle areas and a cramped unnatural posture whilst sitting. Recommended by Orthopedic Doctors. Complete with 53cm Anti-Burst Ball which can be used for exercising without the chair and comes with a 24 page handbook. Excellent for Physios, reception, office and home.

Legs extend - adjusting height of seat from 450mm - 580mm.  
Back Rest extends - for comfortable positioning  
Sturdy Casters - for easy mobility and positioning  
Adjustable Cushioning - more air = harder seat, less air = softer seat



what you to work that core...

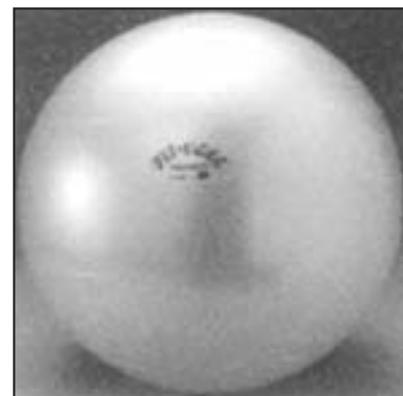
## Core Stability Fit Balls

Available in 3 sizes but most commonly purchased in 55cm (for people under 5'4") and 65cm (for those over 5'6" and under 6'2").

When you sit on the ball with feet flat on the floor your bottom should be level or slightly above your knees. Remember the ball compresses a couple of cm when you sit on it so take this into account when assessing the best size for you. Fit Ball is the world's premium sports quality anti-burst ball.

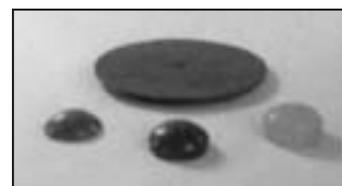
Pro-Active Health is the UK exclusive distributor of the original Pearl Fit Ball. Each ball is inflated and tested to 300kg weight limit before deflation and packing. Beware of non Fit Ball quality balls and domestic quality brands/imitations which are usually not tested for strength before packing and often do not feature Anti Burst components.

55cm Fit Ball • 65cm Fit Ball • 75cm Fit Ball Fit Ball Carry Strap 65 & 75cm (large) Faster Blaster Fit Ball Pump – a high volume low pressure pump that inflates the ball in less than 2 mins.



## Wobble Board

This commercial quality 18" injection moulded Wobble Board from Stroops™ is a multi function system available as separate components or as a complete set. Connect the board platform by use of the wobble bolt to balance blocks of different heights to provide a fully functional multi-directional Wobble Board workout.



## Inflatable Stability Disc

The Inflatable Stability Disc is a stable but moving platform for standing or seated exercise. Exercising or sitting on the disc works the deep stabilising muscles around the shoulder girdle, hip girdle or ankles.



To order any of these products just phone Roger

07939 247556 (mobile)

Don't forget there are also gift vouchers for massage & Fitness training and 'T' shirts available for Christmas & Birthday presents.

## Personal Training News

Sorry but we've already had the Christmas Party What a great evening it turned out to be, thanks to everyone who came along and made the evening a success

**WHAT NEXT - THE CHARITY AUCTION & QUIZ NIGHT!!! READ ON....**

# Rogers Other Stuff

Just a few lines to say thank you for your support and help.

The business is growing from strength to strength and I personally have had many high points over the past couple of years.

I was invited to the World Hockey Championships in Kuala Lumpur as fitness trainer and physio for the Great Britain Hockey Team, and next year they have invited me to attend the World Veterans Tournament to be held in Athens.

I have worked one to one with Oxford City Football Players on their speed training and have had several clients who have progressed from first time entries to achieve excellent times in various running events. Many raising money for charities.

## **A Fitness Prayer**

(For all who need Help and Motivation)

Our trainer who art in Bampton  
Hallowed be thy game, of hockey, rugby  
athletics etc  
Thy fitness come, or else  
They will be done (over)  
On Earth, as it is in the gymnasium  
Give us this day, our daily carbohydrate  
And forgive us our excesses (of cream cakes  
and alcohol)  
As we forgive those  
Who dare to beat us on track or field  
And deliver us not into temptation  
(unfortunately)  
But deliver us from injury  
For thine is the deep sports massage  
The explosive power, and the victory  
Forever and ever (we wish)



# Happy Christmas

## Eat Drink and be Merry

## FOR TOMORROW YOU WILL TRAIN EVEN HARDER

## ENJOY YOURSELVES

## Cheers Roger B



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