



Mental Training!

Tom Godwin (Managing Director - Foresight Fitness Services), has just gained a Diploma in Sports Psychology from Premier Training and Development. This is part of his and the staffs Continuing Professional Development Program. Education is the key and as long as we all keep learning new things we can continue to pass on these developments to our clients. Keeping our programs safe, fresh and interesting!

Sports psychology is an area that Tom has been interested in for a number of years. Gaining this diploma has formalised the knowledge that he had already gained in the area.

Sports Psychology looks at a lot of areas that will be useful to clients these include confidence, motivation, goal setting, etc...

Foresight is now offering sessions aimed at competitive athletes looking at the mental side of their performance. This can help to give you the competitive advantage in a variety of sporting and real life situations.

For more information on this new service contact the office on 0161 6140133, or e-mail sales@foresight-fitness.co.uk

Calling All Kids

Foresight have developed a number of services that are aimed at improving the fitness levels of Children (8-16 year old's).

There has been a lot of media attention to the health of children in Britain, generally children are eating food of a low nutritional value and doing a lot less physical activity. Even children themselves are starting to realise the importance of a healthy lifestyle.

Foresight aims to promote physical activity in a fun and enjoyable way. We realise that for kids to be interested in becoming healthier the sessions need to be fun and exciting, so that is what we have done.

Foresight have designed a special training program that focuses on what your child is interested in. We take the view that any physical activity is better than none. We aim to encourage you child to get fitter, improve their confidence levels, and concentration.

The sessions themselves begin with a consultation which requires parental involvement. This consultation includes health screenings and goal setting. The session tries to identify what kind of activity your child might be interested in. Actual physical sessions can take on a wide variety

of formats, we are looking to get your child up and active, so any activity that might hold their interest is a possibility.

All Foresight Instructors teaching on the kids program have had special training to provide the best possible service. All Instructors have a Criminal Records Bureau Check every six months, all instructors have to have specialist training on how to train children (Coaching Children and Young People Certificate, Sports Coach UK), and also a certificate in Child Protection.

Parental involvement is also encouraged so if you would like to join in on the session just put on your gym kit and join in on the work out.

These sessions are charged at the normal personal training rate of £35 per hour for up to four. Block bookings are also available, saving a percentage! The sessions can be offered to up to ten for a supplement of £5 per extra child, after six students an extra instructor is provided for health and safety reasons.

To book your session or to find out more contact the sales team on 0161 614 0133. Or e-mail them on sales@foresight-fitness.co.uk

Nutrition Facts:- Carbohydrates

What is carbohydrate?

Carbohydrates are broken down by the body into glucose, which is a useable molecule of energy. Glucose can be stored within the muscles and liver as glycogen, any glycogen over the amount that the muscles and liver can hold is stored as fat. Both fat and carbohydrates are the bodies main sources of energy.

At any one time the body uses a mix of fuels to provide itself with energy. In the most cases these are blends of fat and carbohydrate, and if necessary protein. At rest we burn predominantly fat, but as our activity levels increase we start to burn a larger amount of fat. However as the intensity of the activities we are taking part in increase, we start to burn more and more carbohydrate. So at extreme intensities the majority of our bodies fuel comes from carbohydrate. If the bodies carbohydrate stores run out then fatigue will be experienced and the high levels of workload will not be able to be maintained.

Are there different types of carbohydrate?

There are two types of carbohydrate



simple and complex. Simple carbohydrates are sugars, these can give a fast boost of energy to the body. Due to their chemical structure they provide a source of energy that can be absorbed into the body at a very fast rate. Sources of simple carbohydrate include fruit, energy sweets, and honey. Complex carbohydrates take a longer time to be absorbed into the body, due to the chemical make up of these molecules. So this gives a slower sustained release of energy. Sources include breads, pasta, cereals, potatoes, etc...

How much carbohydrate do I need?

This is dependent on you daily activity level. A person who does less than

a hour of physical activity a day only needing 4g of carbohydrate per kg of body weight. Where as those who do 2-4 hour of activity a day would need 7g of carbohydrate per kg of body weight.

The above is a very rough guide of how much carbohydrate that different lifestyle groups should take in on a daily basis. It is important that this information is only used in conjunction with a full nutritional assessment from a trained nutritional therapist.

How do I know if I am not getting enough carbohydrate?

If you experience any of the following symptoms you may not be getting enough carbohydrate in your diet:-

- early fatigue
- reduced training intensity
- reduced training gains
- poor performance
- slow recovery

Offer of the Month

Get a Nutritional Consultation for £30,
(Normally £35)!!

Bookings must be received by
31/10/05

You can contact Foresight:-

• On the Web
<http://www.foresight-fitness.co.uk>

• By E-Mail
info@foresight-fitness.co.uk

• By Phone
0161 614 0133

• By Post
Foresight Fitness Services
PO Box 73
Manchester
M20 6GT