



## Self Defence for All!

Foresight is aiming to bring it's blend of common sense awareness skills and usable practical techniques together in it's new self defence course. The syllabus originally developed as a framework to offer self protection classes within leisure clubs has been brought out as a stand alone course open to all! Foresight will be running a series of these across the North West area over the next few months hoping to bring these vital skills to as many people as possible.

The course covers awareness and threat identification, the law, self awareness, fear, psychology and physical techniques. The course aims to equip each attendee with the mental and physical skills to avoid situations rather than dealing with them when they occur. All attendee's will receive a certificate of attendance and a hand book with course notes and points of further information.

Foresight will be running it's next course in Didsbury on a Wed night between 7:00 and 9:00, starting on 5th October for 4 weeks. The Cost will be £45 per student, contact the office to book your place!

## Foresight's appoints new Sales Manager

classes in South Manchester.

Co's main role within the company will be to ensure that our products are meeting the ever changing demands of you the customer! He aims to ensure that you all receive the best possible service from Foresight and have full access to the whole range of services that we have to offer.

Co's role also includes taking on the responsibility as Chief Instructor of Corporate Wellbeing. This is a relatively new area of the business that we are seeking to expand, under Co's guidance we seek to ensure that more and more employers are realising the benefits and potential of providing their employees with a range of wellbeing services.

All in all we offer Co a warm welcome to the company. He is part of Foresight for you to use, so if you have any suggestions or would like any more information on any of our services feel free to contact him on:-

Tom Godwin (Managing Director) of Foresight Fitness Services would like to take this opportunity to welcome Co McIntosh to the team as the companies new Sales Manager.

Co comes to Foresight after a number of years in corporate sales providing a high level of service to customers in a wide range of industries. Co holds a degree from the prestigious Manchester University and his last role involved managing staff to provide a high level of customer support to mobile phone users, for a major mobile phone company.

Co has been a long time student of Foresight Martial Arts so is no new comer and is hoping to be a key part of the management team here at Foresight. He is a fully trained self defence instructor, and runs many of the Foresight self defence

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# Nutritional Facts:- Protein

## What is protein?

Proteins are what we are essentially made up of. The proteins that we eat are broken down by the body into their smaller components called amino acids, amino acids are essentially the 'building blocks of life' as they are what all the proteins in the human body are made up of. Proteins are also used as chemical catalysts, messengers, hormones, to build new tissues and as a fuel within the body. There are 20 amino acids needed by the body, which combine in different formations to allow the body to produce the different forms of protein needed by the human body.

## Are there different types of protein?

We need to eat a wide variety of proteins in our diet to allow us to have a ready supply of the different amino acids that our bodies need. There are 8 amino acids which are essential in our diet as our bodies can't produce them. The other 12 amino acids that the body needs can be produced from the 8 essential amino acids.

There are two types of protein complete and incomplete. Complete proteins contain all 8 essential proteins in



sufficient amounts that the body needs (e.g. meat, dairy, poultry, soy foods, tofu). Incomplete proteins contain all 8 essential amino acids but not all of them are in sufficient amounts that the body needs (e.g. rice, beans, pasta, nuts).

## Where can I get protein from?

Proteins can be obtained from both animal and non-animal sources. Animal produce tends to give us a complete source of protein (the only non-animal sources of complete protein are soy products and tofu). Where as non-animal sources tend to be deficient in one or more essential amino acid.

Many athletes take protein or amino acid supplements, these tend not to be called for as it is relatively easy for the

average person with a well balanced diet to take in sufficient amounts of protein to fulfil their bodies needs. There is little evidence that taking a excess of protein will help to build up muscle or body bulk.

## How much protein do I need?

The average adult needs 1.2g of protein per kg of body weight. With the maximum usable amount of protein being 2g per kg of body weight. With a full nutritional assessment a nutritional plan can be developed to ensure that your diet contains the optimum levels of protein.

## Can I eat too much protein?

The human body can only use a maximum of 2g of protein per kg of body weight per day. So any excess of this amount goes to waste within the body. Regular extreme excesses of protein can theoretically lead to liver and kidney damage. Protein excesses can be spotted by strong smelling dark urine, if you have any concerns about liver or kidney damage discuss this issue with a doctor.

*A full nutritional consultation is available from Foresight, for only £35 including a full nutritional report and diet plan.*

## Offer of the Month

Sign up to a block booking of 5 personal training sessions for £137 and receive a EXTRA SESSION FOR FREE!

Bookings must be received by 30/9/05

You can contact Foresight:-

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

• By E-Mail  
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