



28 January 2010

Media Release

Boost your fitness at Planet Pulse

As January draws to a close, most of the good intentions we had to get in shape at the beginning of the month are now a distant memory. Many of us will have snacked through 'Fat Friday', statistically the day we're most likely to give up on our New Year's resolutions to lose weight. Others will have struggled through 'Blue Monday', reported to be the most miserable day of the year.

If you are experiencing a serious lack of motivation when it comes to keeping fit and healthy, take some inspiration from two local people who have radically improved their fitness levels with the help of the city's Planet Pulse gyms.

Frankie is 21 and joined Planet Pulse to improve his fitness and increase his body definition and tone. Since joining the gym in December 2008, Frankie has achieved fantastic results. His muscle definition and strength has vastly improved, he has greatly reduced the amount of body fat he has and now runs over two miles a day.

Frankie is keen to share the benefits of his Planet Pulse membership saying, "The fitness team is excellent and I have had a lot of help and advice over the last year to help get me to the stage that I am at now. I would consider them more as friends than as fitness instructors. The programmes I get included in my membership would cost me a fortune if I got them done anywhere else. The gains have been fantastic. Let's be honest I go to the gym six days a week for at least two hours a day, I love the place."

You don't have to be in your early twenties to benefit from everything Planet Pulse has to offer; Clive is in his sixties and has diet-controlled type 2 diabetes. He initially came to Planet Pulse in November 2009 through the GP referral scheme, with the aim of reducing the risk of heart disease and improving his proximal muscles, which are affected by a muscle wasting disease. Clive has enjoyed coming to the gym so much that he has taken up full-time membership.

Boost your fitness at Planet Pulse (cont.)

Clive is delighted with the results he has achieved by coming to the gym, his stamina has increased and he is able to exercise for longer periods on the cardio-vascular machines. Having seen the benefits he is experiencing, Clive's wife Barbara has also joined Planet Pulse and they regularly go to the gym together. Rather than being a chore, they now see it as a hobby they can enjoy together.

Clive said, "The gym has a tremendously friendly atmosphere and staff members are always available to offer help and guidance when needed. I would recommend Planet Pulse to everyone – even if you're not sure, just go along and give the gym a try."

If, like Clive and Frankie, you want to improve your fitness levels, why not have a chat with a member of staff at one of the city's three Planet Pulse gyms? Based in Werrington, Netherton and the Ortons, all of the gyms are fully equipped with the facilities needed for members to reach peak condition. Everyone who joins Planet Pulse is given a full induction to the gym, which includes a full fitness test and a personal fitness program, based on their personal goals and objectives.

Jamie Fenton, centre manager at Bushfield and Werrington's Planet Pulse gyms said, "In addition to the gym, Planet Pulse offers a wide range of fitness classes – such as pilates, spinning, circuits and yoga. Don't worry if going to the gym doesn't really appeal to you, non-members are very welcome to join in the classes, so there's something for everyone."

Jamie continued, "Everyone is welcome at our gyms, whether you want to lose weight, tone up or increase your fitness levels. Our staff are friendly and encouraging, helping you to stay motivated and focused throughout the year in order to achieve your goals. Why not come down and see for yourself?"

So if you have been inspired to kick start your fitness regime, Jamie has given us his top ten health and fitness tips which will help you achieve great results:

1. Drink a glass of water 30 minutes prior to eating as this will stop you over eating and help to fill you up.
2. Drinking two litres of water every day will help remove toxins in the body and improve skin complexion.

Boost your fitness at Planet Pulse (cont.)

3. Eat main carbs for lunch rather than later at night as you will burn them off more during the daytime.
4. Don't eat fruit late at night as it is high in natural sugars.
5. Use energy drinks when working out as they will enhance performance.
6. Train at least three days a week to improve fitness, help with weight loss and increase muscle tone.
7. You should aim to take 30 minutes day of moderate exercise to stay healthy - this could include washing the car, housework, or walking/biking to and from work.
8. After 12 minutes of continual moderate exercise you will start to work in your fat-burn zones.
9. It's better to drink lukewarm water than ice cold water as it's easier for the body to circulate and faster to flush through your system.
10. Training before breakfast will use up wasted/excess calories from the night before. You can then eat something like fruit or cereal to re-charge which is good for your body and digestive system.

To find out more about Planet Pulse call Werrington Sports Centre on 01733 576606, Bushfields Sport Centre on 01733 234018 or Jack Hunt Sports Centre on 01733 264644.

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Notes to editors

More information can be found on the Peterborough City Council website or by calling one of the three sports centres. Peterborough Sports Centres also offer a wide range of sports facilities including swimming pools, football pitches; floodlit artificial playing surfaces, sports halls and much more.

Photography

Please contact Jamie Fenton, sports centre manager, to arrange photography of Planet Pulse gyms, case studies and Planet Pulse personal trainers by telephone: 01733 234018 / 01733 576606 or email Jamie.fenton@peterborough.gov.uk.

Media Requests

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