



New runners & new challenges



This year three members of tfd (that we know about) took part in the Blenheim 10km on 2nd October. Paul Marland only started running at the beginning of this year and built his confidence & stamina up in the gym before heading for the roads. Paul's goal was to raise money for British Heart Foundation & to get through the race without stopping! He did both & has donated over £300 to the charity.

Suzanne & Jane who came to our beginners running club in April also ran the notoriously hilly course at Blenheim with extremely good times!

Cally Elston completed the Great South Run on 30th October in a superb time of 1hour 31 minutes. Cally has also gained a place in the London Marathon next year.

Paul King, tfd's top distance runner completed yet another Marathon, this time in Birmingham and did his best time ever!

Join tfd running group: Wednesday evenings 6pm from Grove Rugby Club car park. If you enjoy running and can run 5km without stopping come along. If you have a question or are worried you will be too slow, email lisa@tfdgym.co.uk

Tough Guy Challenge - Go Liam!



Another crazy member, Liam Faulkner will take on the Tough Guy Challenge on 29th January. Last year, Matt & John from tfd took on the challenge and have been filling Liam in on what to expect. The challenge is not only tough, it's wet, freezing cold, muddy, uphill and long.

Liam owns TWENTY3DESIGN, a web design & development company based in Wantage.

Check out his website www.twenty3design.co.uk

James Howard attempts the Channel



On a tfd bike ride back in the early spring as the air left my rear tyre on a back road somewhere near Swindon, tfd member James Howard came to my rescue with a super fast, Formula 1 style tyre change! A few weeks later James came in for a chat and tentatively asked about Channel Swimming. At the time I couldn't give him much information other than he needed to book a pilot boat to take him safely across & get used to cold sea water for long periods of time. A week later James had booked his pilot boat and started training. That's assertiveness at its best! James wanted to use the personal challenge of swimming the Channel to raise money for Footsteps foundation charity that helped his two year old son Aiden, who has cerebral palsy, to walk. Finally, after weeks of waiting James finally got to swim mid-September. After swimming 14miles in 7 ½ hours the attempt had to be aborted due to the strength of the tides. Attempting to swim the Channel requires determination, commitment, dedication & balls! James raised over £6,000 for Footsteps and said he swam longer, harder and faster than he'd ever done before. Amazing effort, well done James, from Lisa & the tfd team.



Join the tfd Bro's with a Mo team this Movember!

Grow a moustache throughout November & raise money for **prostate & testicular Cancer research**. Get your Mo-Sisters to spread the word & support the cause!

To join the tfd team go to www.tfdgym.co.uk & click on the link. Then start growing from today!

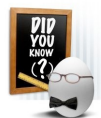
Mo-off on 30th November & prize for best Mo!

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Matt's facts



- During the football season, 1 strength training session is enough to maintain strength and speed.
- Plyometric training can help to improve the Quaricep:Hamstring balance, thus reducing the chance of imbalance related injury.
- Low volume High Intensity Interval Training (HIIT) is a time efficient way to reduce disease risk factors in sedentary adults. Post exercise, Maltodextrin drinks with added Fructose or Galactose were twice as effective as Maltodextrin and Glucose drinks, in restoring liver glycogen stores.

Gym challenge - Oct/Nov

Cross-Train Workout How to get involved ...

Every Wednesday a workout will be published both electronically (via Facebook) and in hard format on the gym floor. That workout will then be live for a week.



During this time you can attempt the session whenever is convenient for you.

There will always be 3 options to choose from, with; Charlie being the most basic, working up to Alpha as the most advanced.

When doing the workout, remember your time / weight lifted / reps completed etc (whatever is appropriate) and then record it on the wall and / or on the 'Cross-Train' section of the tfd Facebook page.

Exercise of the month: TRX Row

- Have feet shoulder width apart.
- Keep your body straight when lowering yourself.
- Positioning your feet so your body is about 45-degrees from the floor.
- Then pull yourself toward the handles, keeping your elbows close to your sides.



Tip of the month from your instructors:

Get off the bus a stop too early, so you will be walking a little further than normal each day.



Grand Prix

Three rounds left on the tfd Grand Prix challenge. Look out for the winner who will be announced at the end of November, along with the final standings.

Lost Property

We have numerous items of lost property at Reception. If you have mislaid an item of clothing or footwear in the last couple of months please can you ask at Reception as we might be storing it for you! All current items not claimed will be given to charity at the end of November.



Mind over weight loss: November



Are you in control of your portion sizes yet?

Are your moods still controlling what you eat and your busy lifestyle controlling when you eat?

Targets this month:

- Drink 4 glasses of water minimum every day (swap the odd coffee or tea for a glass)
- Have bread once a day only (max 2 slices) replace with pitta, crisp breads, soups, salads, fruit
- Eat breakfast every day (drink a glass of fruit juice if you can't eat first thing)
- Cut down or cut out the following with your evening meals; potato, rice, pasta & bread. Replace with vegetables sweet potato, cous cous & protein.
- Reduce your afternoon tiredness & mood swings. Eat lunch and include the above starchy carbohydrates but watch your portion sizes.
- Reduce weekday wine & beer intake to 2 out of 5 days
- Set your gym or class days
- At the weekends, have fun & relax the rules just a little bit!

Put these all together and you will be a winner or loser, whichever way you look at it!

If you would like some specific help with your nutrition for weight loss please email lisa@tfdgym.co.uk



tfd holiday picture competition

Starting from December 2011 a new monthly competition will stop you forgetting us whilst you are away on business trips or holiday!

Take a picture in a far away place wearing, holding or using anything with the tfd logo on it and the winner gets a month free membership.

Email your picture to heidi@tfdgym.co.uk but keep them clean! Let's get tfd all over the world!

Reflexology & more!

Tracey Stutt returns to tfd



After spending five years in USA with her family, we are delighted to welcome back Tracey Stutt to the tfd team. As an ITEC qualified Reflexologist Tracey brings the skills of the therapy along with a passion for the holistic approach we promote here at tfd.

Reflexology provides an intense relaxing massage working on the reflex points of the feet. Each treatment promotes the body's own healing ability and creates a feeling of well being for the mind, body and soul. Reflexology is highly recommended to treat both physical and emotional issues through all age groups.

Call Tracey for an appointment on 07585 554167 and see what value this ancient therapy has in our modern world.