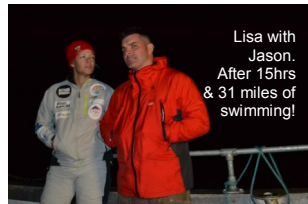




Lisa's channel swim...

I, like some of you, thought this day would never come. Since April & my first open water lake swim at 14 degrees, my training was set to become more & more intense to overcome what I thought would be the 3 main challenges ahead. Mind strength, cold conditioning & endurance fitness. Jelly fish, the weather, the dark & the waiting around before my swim were added extras. My crew consisting of my husband Jason, mum, dad, sister Heidi, friend Sarah, nephew Max & step-daughter Fin, Roly from RJC & Matt from tfd were all incredible. The weather took a turn for the worse so most of the crew suffered with varying levels of sea sickness. Hearing the foghorns of large ships they couldn't see would have made anyone concerned as visibility was pretty poor at times. The pilot could well have aborted the swim much earlier but they could see I was still strong in my stroke and the conditions didn't seem to be affecting me. Jason fed me hourly, jelly babies, Go Gels, banana, snickers & each feed needed to take no longer than 60 seconds. My instructions from the Pilot were 'follow the boat & leave the rest to me'. I've discovered you lose all sense of time and distance when doing open water endurance swimming so when people ask me if I get bored or what do I think about for that length of time its quite simple - the reason for doing it & getting to the finish line. My crew were holding a white board up with notes on it telling me who had sent messages over Facebook or email & how much sponsor-

ship money had been raised. This was overwhelming at the time & afterwards reading the comments on FB, email and text just made me cry. Only 4 miles from the French coast the Pilot, Fred and official from the CSA, Steve, leant over &



Lisa with Jason. After 15hrs & 31 miles of swimming!

suggested the safest thing would be to abort the swim due to the direction I was being pushed. We were heading for the port of Calais & the tide wasn't due to change for 3 hours. I was gutted & I could tell the crew were too, as well as tired, cold & feeling sick. I want to personally thank every member & friends of members who supported me, wished me luck & donated to the charity. We have reached £10,000 & for that I am so pleased. My personal challenge can be attempted again but families whose sons suffer from Duchenne Muscular Dystrophy have to live with it every day of their lives. I hope you can come along to the members cheese & wine evening on 28th October!



Thanks to...



Party on the Park

Sunday 25 September 2pm -twilight. Family day with lots of entertainment for children and adults. Live music, beer tents, BBQ, Elaichi Indian food, air display, amazing fireworks display!

tfd's best ever class schedule

We have listened to and taken on board all of your comments and are excited to be launching our best ever class schedule on Saturday 1st October. We have more combat, more spin, new dynamic vive an aerobic & toning class, power conditioning will replace power pilates to focus on conditioning more areas of the body. A brand new cross fit circuit from Matt will be hosted in the gym on Wednesday evenings for those who need a little more hard core. We have tried our best to please everyone and have made every effort to create a balanced schedule with varied start times. Please email your comments to info@tfdgym.co.uk

Get better results:

Write your goals down and set yourself a target. We know from experience that setting yourself targets will get you results. If you'd like to catch up with a tfd instructor to set your targets, ask at reception for an appointment.

Members board...

- **Refer a friend** or family member who joins for 12 months & we will give you one month free! If you get 6 people we'll give you 12 months FREE!
- **New class schedule out 1st October!** Even more of your favourites plus some new ones too!
- **Members cheese & wine evening Friday 28th October** at tfd. Everyone welcome to thank members for their support & to present a cheque to Action Duchenne from Lisa's channel swim.
- **tfd member Paul Marland** will be running the Blenheim Palace 10km on 2nd October to raise money for the British Heart Foundation. Good luck to Paul from us all!
- **Ray Collins completed his SOS** challenge & transformed areas of the Charlton Adult Centre at the end of August. Portions of the £6,000 raised by Ray in June have also been given to Marie Curie Cancer Care & Fitzwaryn School for therapy equipment for their students. Cracking job Ray!
- **James Howard** is swimming the English Channel to raise money for Cerebral Palsy to help his 2yr old son Aiden learn to walk. Weather conditions have delayed James' swim but we hope to have more news next month.
- **ARE YOU TAKING ON A CHALLENGE? PLEASE EMAIL YOUR STORY TO heidi@tfdgym.co.uk**

Revolution sports

injuries clinic at tfd

Adam Dobson is now full time at tfd offering professional treatments for injuries, aches, pains & postural problems. If Adam's door is open pop in to ask about any injuries or aches you have. To make an appointment call Adam directly on 07827 324789.

Matt's facts

Vit D supplementation is receiving lots of interest at the moment, as it's thought many Brits are deficient in it (especially as we are going into winter). It is thought supplementation could increase athletic performance, bone strength and immune strength.

Post exercise nutrition is also seeing some research - current thinking is now that the carb:protein ratio should be approx 4:1 in order to maximise uptake.

Olympic lifting workshops coming to tfd mid-October. Keep a look out for updates.

Exercise of the month:

Fitball Jack-knife



- Pull your knees in towards your chest bending at the hips, rolling the ball in.
- Push your legs back out, rolling the fit ball to the start position.
- Maintain a strong core & don't allow your back to sag

Gym challenge:

Calling all runners!



Great North Run - 13 mile treadmill based challenge. Record your distance on the chart provided to complete the Great North Run.

Alternatively, put your fitness to the test and complete the run in one go on the treadmill.

See the challenge and events board in the gym for more details and to sign up for the challenge.

tfd member achievements

John Paul, tfd member who attended King Alfreds Sports College, fulfilled his dream of becoming a World Champion when he took the Gold medal for the Sprint at the recent UCI Junior World Track Championship held in Moscow.

The team GB cyclist joined the ranks of cycling greats, such as three-time Olympic gold medal-winner Sir Chris Hoy, when he received a coveted Rainbow Jersey – worn by the reigning world champion in any bicycle racing discipline.

Intensive training and determination won through in the end. "You spend two years training all for one moment; when that moment comes it passes by so fast you don't realise it," he said.

"It's what all the hard training I do is all about. That's why I get up early and go to the gym. That's why I push myself – to reap the rewards. "Aspiring to be world champion is what gets you out of bed in the morning."

The outstanding achievement comes around 2 weeks after John was crowned a double European Champion at the UEC Junior/U23 European Track Cycling Championships in Portugal, where he picked up Gold Medals in the Sprint and Keirin events. "The Euros went really well for me," he said. "I knew I was in good form and just needed to continue on like that for the world events and ride really well. I managed to do that and I'm just delighted about it."

John has finished his season on a high when he completed an impressive treble by retaining his British National Sprint title, at the British Junior National Championships in Manchester. His success secured him a Gold Medal and another National Jersey to add to the World and European crowns he already holds and he also picked up a Silver Medal in the Keirin event to cap a great season.

"It has been just like a dream," said John, who is a member of Team GB. He is planning to have a well-earned break before competing in the team sprint in the Senior National Championships in Manchester at the end of September. Longer term, the City of Edinburgh cyclist's aim is to join the GB Olympic Academy and compete in the under-23 European contests and then move into the senior category on a full-time basis.



Advertise your business here!

enquiries to info@tfdgym.co.uk

Mind over weight loss...

Get your mind in order and you will start to lose weight!

The good news is that you can lose a stone by Christmas, even better news is that you can start losing weight today if you set your mind to it.

Make just one change this week by thinking about what you put into your mouth and challenge yourself with your portion sizes.

Ask yourself if you are eating because you are hungry and its time to eat or if you are bored, tired or stressed. If it's the latter we have more work to do but you have already started your weight loss journey.

Set yourself the challenge of attending classes or the gym twice every week. Consistency does the trick and your metabolism will react to this.

