

HealthierLifestyles

"Providing people with the tools, motivation and inspiration to develop a healthier lifestyle"

Introduction

As the producer of the Healthier Lifestyles monthly newsletter I would like to take this opportunity to formally introduce myself. My name is Andy (Andrew Smith) and I am a personal trainer who has a desire to make a difference and improve the quality of people's lives.

My vision is reflected in the mission statement for my business, "providing people with the tools, motivation and inspiration to develop a healthier lifestyle". My aim is to make a positive impact to the lives of as many fellow health enthusiasts as possible and I hope to achieve this partly through the Healthier Lifestyles monthly newsletters and website (which is currently under construction) www.healthierlifestyles.co.uk. Both of these resources will provide information and hopefully some enthusiasm to everyone who is associated with Healthier Lifestyles.

In this issue I have outlined some of the key features of the newsletter and I will give you all the opportunity to submit questions and topics of interest for future issues.

Thank you for taking the time to read the newsletter and I hope the information presented, along with the information on the website, will benefit you all in some way.



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Website



Screenshot from Website

I have constructed a website to provide training and nutritional guidance for your reference. The importance of combining exercise and diet cannot be overstated and my aim is to provide information that is of value to everyone. As I am sure you will appreciate, this is likely to take some time and so the goal specific training programmes and nutritional information will be expanded upon over a period of time.

I will try to prioritise where I feel the majority of you will benefit,

but please bear with me. I have set myself the target of 2 months to compile all of the information, but I'm not too sure how realistic my goal is!

NEWSLETTER FEATURES

There will be a number of recurring features in my newsletters, some of which are outlined below. I will also review various products and give details of any personal training promotions I am offering at the time of publication.

Topical Debate

Every month I will discuss topical issues relating to diet and exercise.

Some of the issues I will be discussing are 'Do diets work? - Dieting versus basic healthy eating' and 'The importance of combining healthy eating and exercise for optimal results', to name but a few.

As this newsletter is being produced to benefit you, please feel free to contact me by phone or email with any suggestions or requests for discussion topics and I will do my best to accommodate you.

Exercise of the Month

In the exercise of the month section I will outline and give details about various exercises to target different areas of the body. It is often the most beneficial exercises that are neglected because they can be difficult if you are unsure of the correct technique. I will give you concise guidelines as to how to perform some excellent exercises.

Ask Andy

This may seem strange, but no newsletter is complete without questions and answers! So if you have any questions regarding diet, exercise, the website or available services then please feel free to contact me.