



We're getting physical in 2019

Watch this space!

All female class (and one boy) for our first Functional workout off the year! Well done ladies and gent, you were amazing!

Keep your eyes out for the next one in March!





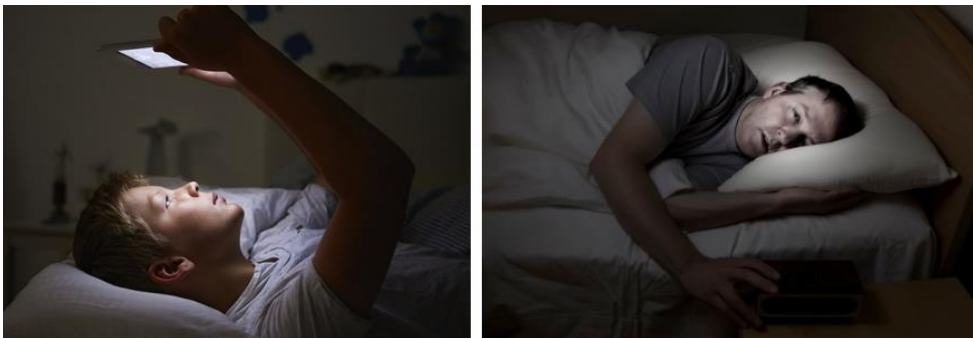
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Good sleep = Good health

Good sleep really matters

The average person spends over a third of their lifetime sleeping, that's around 25 years asleep for the average 75 year old person! It goes without saying then that the quality of that sleep is going to have a massive impact on health.



Sleep is your body's restoration time, there are a host of restorative processes that take place while you sleep, for example; hormone levels are rebalanced, tissues are repaired, cognitive connections are strengthened and inflammation is curbed.

Here are a few ways to prepare for a good night's rest:

- Turn off blue lights such as cell phones, laptops and TV screens at least 30 minutes before going to bed.
 - If you drink coffee, try to limit it to 2 cups per day and don't drink any after 2pm.
 - Make sure there is a flow of fresh air in your bedroom.
 - Make your bedroom as dark as possible.
- Plan your bedtime with your waking time to give yourself at least 7 hours of rest.



Good quality sleep is also going to help with your exercise performance and recovery. It also promotes peak

performance and productivity, helps you fight off infection, maintain a healthy weight and avoid chronic diseases.
If you are struggling with insomnia, then please consult your doctor.

A healthier, happier you

Get motivated

Achieving your goals and staying motivated is easier when you're held responsible. Struggling to find ways to stay motivated?



Challenge your friends and family to join you in one of our social group classes.
Training together in a group is easier and more fun.





Find out more about our group classes

[Speak to us >](#)

More cardio, less carbs

Balance is key

Being healthy is about more than just physical exercise. You matter. So does your nutrition.



Physical exercise is only half of the battle won. Don't let poor eating get in the way of reaching your goals. Exercise needs to be paired with a well-balanced diet. Avoid processed foods and base your meals on fresh produce.



Together, let's build a healthier lifestyle

Our personal trainers can help you achieve a well-balanced lifestyle where exercise is as important as a healthy diet.



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