



Living an active lifestyle means moving every single day, and this takes commitment. But dreading the thought of exercise and forcing yourself to do it is not likely to help you lead an active lifestyle.



**Experiment with different types of exercise until you find one that you enjoy and feel you can turn into a big part of your lifestyle.** Common forms of exercise like this are cycling and running, but these are just the tip of the iceberg. There are so many forms of exercise, both inside and outside of the gym that you can choose from; for instance, functional training, weights and boxing.



[Ask a trainer](#) for ideas on how to find a form of exercise you really enjoy, or join in one of our fun group classes.

## Better together

### Keep up with the kids

Having the energy to make the most of your time with your kids is valuable

**FAMILY  
time is  
EVERY  
THING**



Invest in “me time” to fit it all in, be healthy and energised.  
By following a structured programme set up by a personal trainer, you are  
going to create more energy for yourself.



“ *Bad eating, sleeping and exercise  
habits steal your energy. Find ways  
to kick them to the curb.* ”

Our personal trainers can help you feel energised and healthy so that you  
can keep up with the kids and not miss out on any family time. Focus on  
you and let us work together to create a plan that suits your lifestyle.



**FOCUS**  
**on**  
**YOU**

Let's make the most of your time together!

[Speak to us >](#)

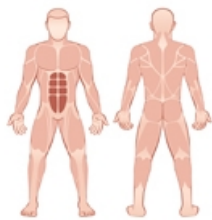
**Down to the core**





## CREATING MEMORIES with the grandkids

Picking up the grandchildren takes strength, stability and balance. Having a strong core allows you to do that.



*As we discussed last week, the Rectus abdominis are the “six pack” muscles. Together with the Transverse abdominis muscles, they protect your spine and help with sitting up and bending over. Strengthening these muscles are vitally important to making everyday tasks doable and easy.*

The plank is a core exercise that develops and strengthens the Rectus abdominis and the Transverse abdominis muscles.



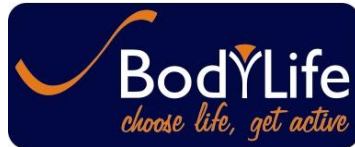
*To start with plank on your forearms and try and hold the position for 20 seconds at a time. Repeat it at least 3 times with about a minutes rest in between. As you feel stronger, increase the time intervals 10 seconds at a time, up to 2minutes a plank.*



## Are you up for the challenge?

Challenge yourself. We will introduce you to the side plank, reverse plank and the other fun plank exercises that will strengthen your core.

**Speak to us >**



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