

# BendyStretchy Newsletter

Inside the Issue:  
Get Ready for the Party Season



## THE BODY OF A PORSCHE

In case you missed my **blog post** on what it means to have **good posture** and how Pilates can make a difference, you can read the full post [here](#).

Feel free to forward to friends or family who you feel may benefit



## JOURNEY TO WELLNESS

In September, I began my journey with the IAWP to become a Certified Professional Wellness Coach. Over the coming months I am so excited to be able to share my passion for wellness with you. Stay tuned for tips and insights on how you can lead a healthy, meaningful and balanced life.



## STYLE ON THE MAT

As a long time Sweaty Betty fan, I am proud to be an Affiliate, which means you can now purchase Sweaty Betty fitness clothing via my website. Check out this seasons latest new arrivals - great quality, sexy styling and a comfy fit for workouts. What's more there is 25% off until 26th November. Use Promo Code: CHEERS

## TREAT YOURSELF - YOU'RE WORTH IT!

With Suzette Tagg

If you've been wondering what to put on your Christmas list this year (apart from the usual slippers and dressing gown), why not ask Santa for a memorable experience instead?

Treat yourself or a loved one to an inspirational kickstart to the New Year, with my weekend Pilates & Yoga Retreat at the stunning Champneys Forest Mere Spa in Hampshire.

Pilates, Yoga, meditation, workshops, relaxation and maybe some pampering too! **Download the brochure** and visit my website to book your place. Spaces are limited so book fast!







**BENDYSTRETCHY CHRISTMAS DRINKS  
FRI 30 NOV | 7:30PM | HERON ON THE FORD**

## HEALTHIER HOLIDAYS

### Top Tips to Keep You On Track

It's that time of the year again! It's time to celebrate the Christmas and New Year holiday with parties, get-togethers, corporate dinners, and of course the endless family celebrations. Temptations will be knocking at every door. However, there is no need to deprive your taste buds this holiday season. Instead, follow these healthy eating tips to look and feel your best during this holiday season.

#### Healthy Holiday Tips

Don't make a meal with the appetizers. Remember that appetizer is another word for, "nibble" or "starter".

Plan ahead. Eat lighter meals on the days you have a party to attend. Don't skip breakfast or lunch as you will eat too fast and too much.

Snack on fruits and vegetables before heading out the door is a great way to help with hunger.

Watch your portions. Forget the seconds and save room for dessert.

Look for high in fibre foods like whole grains, greens, and fruits.

Socialize away from the buffet, dessert table, or even the candy dish. We tend to eat more if the temptation is right in front of us.

Keep moving. Keep up with your Pilates and Yoga or take your family or dog for a nice brisk walk before or after dinner.

Stay hydrated with the legendary H2O. Limit your alcohol and caffeine consumption.



## FESTIVE FUN

All Class Members Welcome

The nights may be drawing in but what better excuse is there to enjoy some early festive cheer with your fellow BendyStrendy class members.

You are warmly invited to join Suzette and Clayton at the newly refurbished Heron on the Ford, Charvil to welcome in the festive season with a drink or two. I promise there won't be a Pilates Ball or Yoga Mat in sight!

I love this time of year - It's all about being social. Last years get-together was a great success and we look forward to seeing you there

**First Drink On Us | Cash Bar | Nibbles Provided**

## LATEST CLASS SCHEDULE

All Classes



The latest class schedule for December, January and February is now available to **download**.

There will be no classes running between 18th Dec and 12th Jan. New Year 2019 classes will re-commence from 15th Jan 2019 onwards.

Please note, there is a church meeting on Tues, 27th Nov at St.Mary's Church Twyford so the car park will be busy. Please allow extra time. Alternative parking is available at Waitrose.