



CHRISTMAS NEWSLETTER

Welcome to Pure Wellbeing newsletter Christmas edition.

There is no denying it, we are now right in the midst of the festive period. With Christmas Day fast approaching, the memories of warm summer days are now a distant memory!

You may be tied up in the crazy preparation for Christmas, or you may be into the quieter approach. However, you may wish to grab yourself a five-minute break, fetch a coffee or a brew, and read what has been going on at Pure Wellbeing, plus see the latest timetable and studio updates.

Since the last newsletter I celebrated the six-month anniversary in the studio. I have also been out and about; delivering a session on Women's Health at Nottinghamshire Fire and Rescue, and I attended the 'This Girl Can 2023' awards as a Group Exercise Instructor Finalist, which took place in November.



The studio Christmas party took place this weekend and was such a lovely occasion. Thank to everyone that was able to attend and celebrate with me. I must say it has been a pleasure to decorate the beautiful studio for Christmas.

Thank you so much to everyone that has been involved in the studio this year. Without your participation the studio would not be possible.

I wish you all a wonderful Merry Christmas, and I look forward to seeing you in the studio in 2024!

Best wishes
Charlotte

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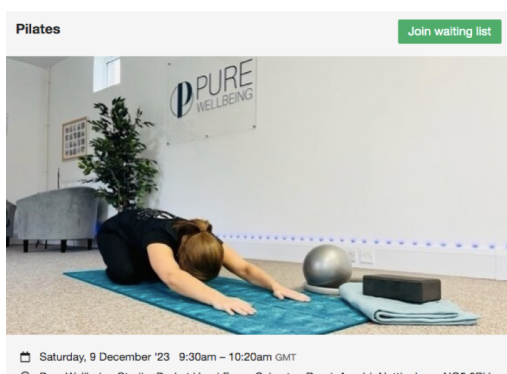
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CLASS TIMETABLE DECEMBER AND JANUARY

Monday	Zumba (at Arnold United Reformed Church Hall).	18:30 – 19:20	£5.00
Tuesday	Pilates mixed ability	18:30 – 19:30	£8.00
Wednesday	Post Natal Exercise Class	10:30 – 11:45	£7.00
Wednesday	Pilates - beginners	13:45 – 14:45	£8.00
Wednesday	Circuit Training (post course)	17:30 – 18:30	£6.00
Wednesday	Lifestyle Weight Management Course	19:00 – 20:30	12 week course £120.00
Thursday	Pilates mixed ability	18:00 – 19:00	£8.00
Thursday	Pilates mixed ability	19:15 – 20:15	£8.00
Saturday	Pilates mixed ability	09:30 – 10:20	£8.00

- ♥ *The studio will be closed on Tuesday 26th December.*
- ♥ *On Thursday 28th December, the 18:00 class will be running as normal.*

The Waiting List



When a class is showing as fully booked, you are able to add yourself to the waiting list.

Just click on the green 'Join waiting list button' at the top of the page, enter your details, and you will be notified straight away if a place becomes available.





A *Gift* OF  PURE
WELLBEING



Give the Gift of Wellbeing this Christmas

It is not too late to get your gift vouchers before Christmas! Giving you the perfect gift idea for your loved one, or maybe your loved one for you!

Vouchers can be provided for

- ♥ Personal Training sessions
- ♥ Pilates class voucher or one to one session
- ♥ The 12-week Lifestyle course
- ♥ Post Natal exercise classes

Your recipient will be warmly welcomed into the beautiful secluded Pure Wellbeing studio, and provided with a luxurious professional service to support them with their health and wellbeing journey.

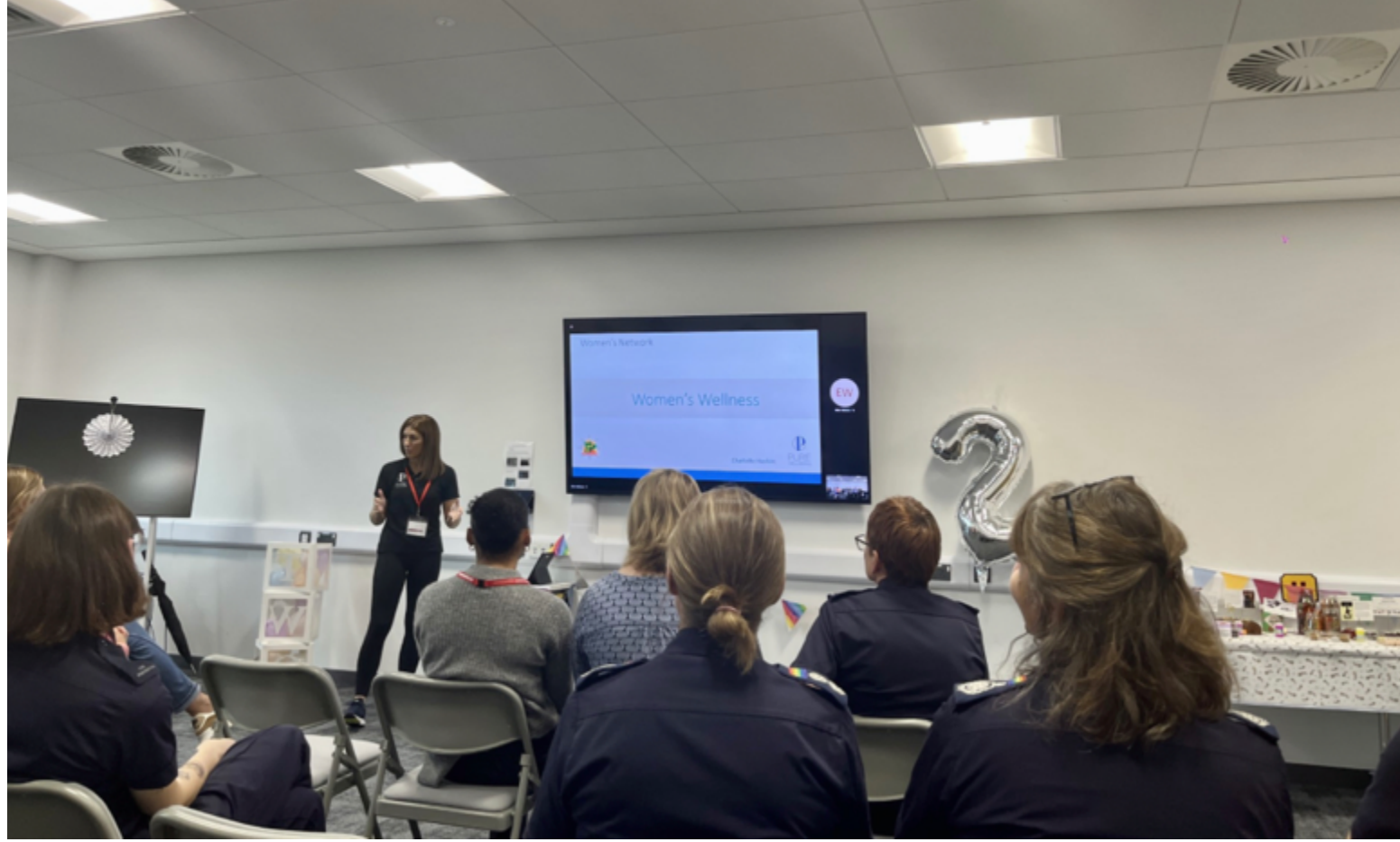
Vouchers can be ordered until Thursday 21st December, for collection from the studio Friday or Saturday.

Pure Wellbeing Studio The Cowshed Dorket Head Farm Calverton Arnold Nottinghamshire NG5 8PU

0773 4465 665

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Women's Network Event

On Friday 13th October I had the pleasure of returning to my previous workplace at Nottinghamshire Fire and Rescue Headquarters to deliver a Women's Wellness session, followed by stretch and relaxation for their Women's Network event.

The Women's Wellness session focused on the menopause. The session was designed to offer lifestyle tips to help with managing symptoms, such as how to promote a good night sleep, coping with hot flashes, strategies to help boost mood and cope from daily challenges and demands. The session also included advice on nutrition and physical activity, with a particular focus on how to help prevent osteoporosis, how to navigate weight management, and where to access support.

Whilst the menopause is a natural aging process, the stages of the menopause can have such a big impact on daily life, including relationships, family life, social life and work.

The menopause is when a woman stops having periods as a result of oestrogen and progesterone decreasing. The stage prior to menopause is perimenopause, which can last for a number of years. There are many symptoms that women can experience in various levels from mild to severe.

In 2024 I plan to hold short Zoom menopause sessions to share tips and advice that may help women to manage their symptoms. The sessions will also give women the opportunity to share their experiences and ideas of what has worked well for them. If the sessions are something that you feel you may be interested in attending, please let me know and I will keep you informed.

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This Girl Can Awards



On Thursday 2nd November I attended the This Girl Can Awards evening held at the New Art Exchange in Hyson Green, Nottingham.

I was honoured to have been short listed amongst many fantastic nominations for the Group Fitness Instructor Award 2023, of which I was awarded runner up.

The evening was a wonderful celebration of so many inspiring women that contribute in their communities, making a difference to other people's lives.

I would like to say a huge thank you to those that took the time to nominate me. I have been teaching group exercise classes in the community for 15 years, and I absolutely love it! To receive an award for something that I am so passionate about is a double blessing.



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12 Week Lifestyle Weight Management Course



The second 12-week Lifestyle Weight Management Course finished on 6th December, and I am yet again blown away with the fantastic results that the participants have achieved.

The motivation for each of the participants to join the course may vary; weight loss may be their ultimate goal, or learning about the topics covered in the course syllabus may be their main driver. That said, the weight loss achieved has again been mind-blowing amongst cohort number two, as shown below. Well done to all of the participants, it has been an absolute pleasure.

The unanimous feedback at the end of the course is the ability the course has had on influencing a change of behaviours. Participants report a change to their mind-set, being able to make healthy food and lifestyle choices, and be in control of eating habits. This absolutely reflects the focus of the course. It is not about dieting or calorie counting, it is equipping participants with the tools to be in control of their eating, whilst educating on different food topics such as sugar, fat, protein, food preparation and recipes, food labels, portion sizes, eating out and takeaways, physical activity recommendations, plus more!

The session includes a 45-minute physical activity session, designed to cater for everyone. Exercises are modified appropriately to accommodate health conditions and musculoskeletal conditions.

The results from the Sept – Dec 2023 Course

Combined group weight loss = 44.9kg!
Largest individual percentage weight loss = 11.4%
100% of participants would recommend the course to others

“The course has changed my mind-set and behaviours towards eating, I am thinking more about what I eat, and portion sizes”.

“I now have a comprehensive understanding of healthy eating, really enjoyed the course”

“The course has given me a better understanding of food and exercise”

“The group has been good fun and Charlotte is amazing at the sessions”

Thank you to the cohort of Sept 2023 for your wonderful feedback 😊

Courses in 2024

The next 12-week Lifestyle Weight Management course will commence on 10th January, and is now fully booked. If you are planning to kick start healthy new habits in 2024 then join this course and receive three months of face to face support, making sustainable long term changes and achieving your goals. If you would like more information on future course dates, then please get in touch.

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Don't miss out!

Follow me on social media and stay up to date on the hot topics, latest tips, and studio information. If you fancy, you can even get involved in the conversation on my Instagram and Facebook page!



pure_wellbeing_nottingham



purewellbeingnottingham

Jokes of the month

Why did the lobster blush?

Because the sea weed!

Sent in by Catherine Bodell, thank you Catherine 😊

Why was the the snowman looking through the carrots?

To pick his nose!

A good giggle makes us feel good!

Please send through your funny jokes or quotes to info@purewellbeing.co.uk so I can share them in the next newsletter and spread some smiles and laughter.

Puzzle of the month

Grab a cuppa, put your feet up, and enjoy completing the puzzle of the month.

<https://www.jigsawplanet.com/?rc=play&pid=1838d0023f9c>

Thank you to Caroline Warner for sharing the lovely picture.

Have a picture you wish to share for the next newsletter? Please send it through!

I hope you have enjoyed the Christmas edition of the Pure Wellbeing Newsletter!

I welcome your feedback! Please send me any comments, thoughts and ideas for future newsletters, so I can make sure I am bringing you content that you are going to find useful, and enjoy!

Merry Christmas,
Charlotte

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