

August 2025

GymNews



This Month's MTF Blog.

Are You Eating

Enough Protein?

Your diet is what's going to make the difference between achieving and failing your goal! When talking nutrition, protein always comes up as something many people don't consume enough of. Eating a healthy, balanced diet is so important, and protein plays a big part!

Click [HERE](#) to read this month's blog and find out why!

Still time to join the challenge!

On Sunday 7th September, we'll be walking the Yorkshire Three Peaks to raise the final money for Hull NICU and still have space for you to join us! Ready for a challenge to help a good cause? This is it!



Member of the Month

This month's member of the month goes to, Nicola!

This is for her continued efforts at MoreFit. She always lifts well and heavy and keeps building a little further! Well done for your effort and consistency in class! Even when you feel hesitant about adding weight, you do, and smash it. Keep pushing and remember, you're stronger than you think!

Well done Nicola keep it up!



Monthly Motivation

Change will not come if we wait for some other person or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek. - Barack Obama

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Meal of the Month

Try this lovely chicken orange stir fry!
It's easy to make and has 397 calories per serving and each one has 34 grams of protein in!

Give it a try and let me know what you think!
Click [HERE](#) for the recipe!



CHRISTMAS PARTY!

It feels early in the year, but we're booking the Christmas Party. We will be returning to the York Racecourse on the 13th December. It's £70 per person and this includes, a 3 course meal, band and desert table. It was a great do last year so if you'd like to please let me know and I'll add your name to the list!

Pilates Workshop

On September 20th we have the brilliant Lucy coming from Rebalance Studios, to take a 90 minute Pilates workshop in the MoreTone Fitness Studio! This workshop is suitable for all levels and will go over the basics on Pilates along with a focus on how it can help build a strong core and foundation to help in your other fitness classes. This workshop is £35 per person. We only have 10 spaces available so if you'd like to take part make sure you book soon!



Have a laugh!

I told my doctor I broke my arm in 2 places.

He said, stop going to those places!

