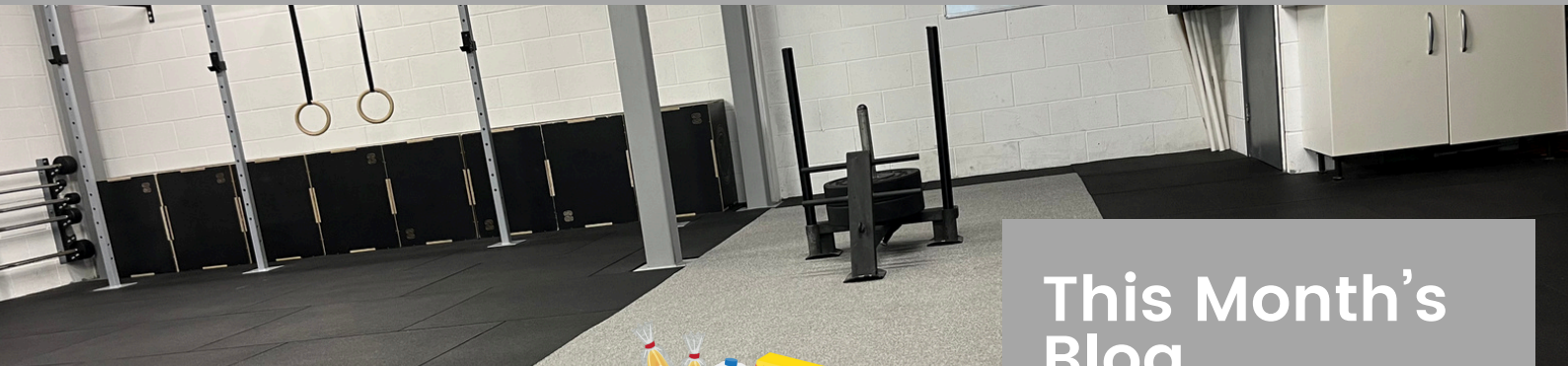


January 2025

GymNews



Month One

As we wrap up January 2025 and get back into our routines, I want to give a huge shoutout to everyone for giving your all in every workout this month, especially when motivation was hard to find. It's been amazing to see new faces at the gym, and our incredible community continues to grow. Keep pushing yourselves throughout 2025 guys!



Food collection in Feb.

For the month of February I thought it would be a good idea to give a hand to people in need. We had great success collecting for our food bank last time so let's do it again. Each class in February you attend bring something to class to add to the box and at the end of the month I will take it to donate at the local food bank.

Member of the Month

This month, I want to give a massive shout-out to our Member of the Month for January 2025, Gail! She's been coming along to MoreFit for a few months now, and when she first started with MoreTone Fitness, every time the barbells came out for class, she'd say, "OH, I HATE THE BARBELLS!" Now, a few months into committing to MoreFit, she is lifting more weight than ever before, trying new exercises even though they're out of her comfort zone, and showing huge improvement in her weightlifting. Well done Gail, keep up the good work!



Motivational Quote of January

"Strength doesn't come from what you can do; it comes from overcoming the things you once thought you couldn't."

This Month's Blog.

The Best Diet for Fat Loss?

Keto, carnivore, fasting, no carbs, intermittent fasting, low fat, paleo... the list goes on, but which one should you choose?

This blog covers which foods are best, 4 top tips on dieting for weight loss, and an overview of what is needed for a weight loss diet.

Read more about it [HERE](#)

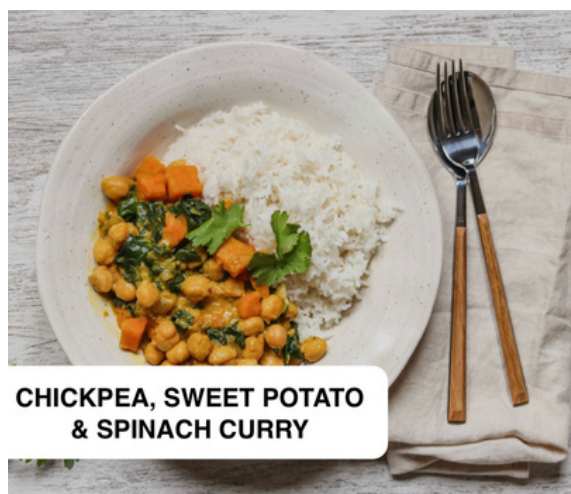
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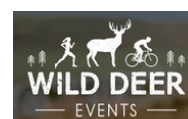


Meal of the Month

Here is a lovely Chickpea and sweet potato curry to try. With 36g of protein, 38g of carbohydrate and 7g of fat with a total of 371 kcal per serving. A healthy balanced meal, give it a try and let me know what you think. If you've cooked anything recently and think others would like it please share it for the next MTFNews Click [HERE](#) for full details.



Coming up!



03/05/2025
BRAMHAM PARK,
LEEDS

In May we'll be taking part in the WDH event. A pairs hybrid workout as team MTF. If you'd like to take part please get in touch ASAP and I will partner people up when we have the final numbers.

FANCY A 6 COURSE
MEAL OUT FOR JUST
£33 PER PERSON?



Alex, our mighty gym chef is at it again, but this time he's passing on his knowledge and training up future chefs at York College! On 26th February 2025, you can enjoy a 6-course tasting menu prepared by York College's L3 students, with guidance from The Pickled Fork. Fancy a great meal out? Go support Alex at York College! Find out more and book your spot [HERE](#)!

FREE Class For A Friend

1 FREE CLASS PASS

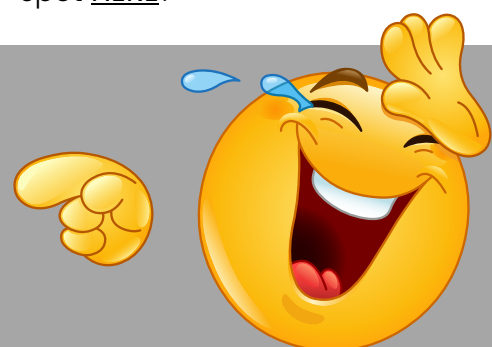


Unit 2 London Ebor Business Park, Millfield Lane, Nether Poppleton, York, YO26 6QY
www.moretonefitness.co.uk

Starting in February, you'll be able to give the gift of a FREE class to a friend or family member! Here's how it works: grab a flyer next time you're in the gym and give it to someone you like. When they come to enjoy their free class, they'll take a flyer with them and give it to someone else to keep the chain going. FREE CLASSES, FREE FITNESS AT MTF!

Have a laugh!

Why did the baker have brown hands?
Because he kneaded a poo!



www.moretonefitness.co.uk