

Llansantffraid Leg Club Winter 2009 Newsletter

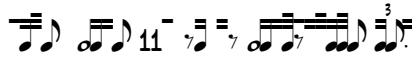
**NEXT
COMMITTEE
MEETING**

18th February
2010

Llansantffraid
Community
Centre

11:45am

**new members
welcome**



Llansantffraid Leg Club – Thursdays 9am – 12pm
Llansantffraid Community Centre

- there are 140 members now, we have chiropody attending regularly and also will have an exercise instructor attending weekly to give individual advice and group work between 9-10am .

News

FLU INJECTION- it's that time of the year again to make an appointment to have the yearly flu injection. The swine flu vaccine is another injection and information is available from your GP surgery.

GRANTS have been received from PAVO to help with transport costs and the exercise programme

FUNDRAISING EVENTS – DUCK RACE 7th October 2009. 6.30 at Henstent ,Penybontfawr

1 st	RICHARD DAVIES	£50
2 nd	JAN JONES	£30
3 rd	JANE BANWELL	£20

Thank you to Pontrobert Friends of School for the use of the ducks and to everyone for helping on the evening.

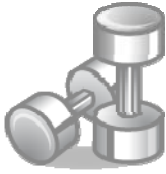


TRANSPORT

if you have any difficulties attending Leg Club please contact Linda or Jane on
01691 648 161

(PLEASE LEAVE A MESSAGE)

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If you've not exercised for a while, or you're recovering from an illness or having a baby, it's especially important to ease yourself in gently, by gradually increasing the time and frequency that you are active. Nothing is more likely to send you back to the sofa than stiff muscles and a sore ego.....

- ◆ Make exercise part of your daily routine
- ◆ The more you exercise, the more energy you'll have
- ◆ Gradually increase the time and frequency you are active
- ◆ Find an activity you enjoy
- ◆ Rethink exercise as a social or leisure activity
- ◆ Get active in the great outdoors
- ◆ Turn the TV off and do something more interesting instead
- ◆ Dance your way to boosting your health and



happiness

- ◆ Indulge in a gym membership

Psalm 147, Verse 10.....

.....He delighteth not in the strength of the horse: he taketh not pleasure in the legs of man