

Hi Guys

Well it's hard to believe that silly season is upon us again, and we hope everyone is looking forward to the festive period (Because we certainly are!).

ok, so there's two problems we seem to encounter in the build up to, and during, Christmas... So on page 2 we look at how we can help tackle both these issues.

Happy Christmas,

Brian & PJ

## Xmas opening Hours

We are open two days over the festive season however all bookings must be made via email/text/call or facebook as we won't have the app set up for the different timescale.

We are open on :

28/12/15 - 10 am - 12 pm

29/12/15 - 10 am - 12 pm

## Sessions in January

### Lifting Sessions

We have a new term of lifting sessions starting in January. Due to demand, and keeping the numbers to 6 per session, our lifting sessions are as follows:

Monday 6.30am • 6.30pm • 7.30pm

Wednesday 6.30am • 6.30pm • 7.30pm

Friday 6.30am • 6.30pm • 7.30pm

Saturday 9.00am • 11.00am

### Personal Training

All personal training will be starting back on the 4th of January, we will be open for bookings from the 28th of December, again get in touch with us for this as space is limited.

### Regular Classes

Normal timetable of classes will start back on the 4th of January.

## Bookings in January

In January we will be taking all bookings for classes on the timetable via our app (see link below).

This is for your benefit...

As once you start using it, you will be able to track your attendance and monitor how much training you are doing weekly/monthly.

You will also receive emailed receipts for your purchases which you may be able to claim back through work.

To Book through the App all you have to do is :

- Download **mindbody connect** - its free!  
<https://www.mindbodyonline.com/connect>
- Search us (Dublinfitclub)  
Location services has to be on for this
- Once you find us you sync your account (tool button on bottom right of screen)
- You will then receive an email and you just follow the prompt.

## Xmas Vouchers Available!

- The perfect Stocking filler!
- Give a loved one the gift of health and fitness
- Vouchers redeemable against all of our training, including Personal Training

Can be bought through  
our app - **MINDBODY connect**



# Managing Stress and over Indulgence!

Christmas is supposed to be a holiday, but let's be honest, it's a stressful time! We all have huge expectations and ultimately find ourselves under additional pressure... and then there's the Annual Binge - chocolates, turkey and ham dinners and the odd tipple... Some advice on how to tackle these issues.

## 1. Stress Levels

### Preparation

You may be entertaining relatives or guests, cooking the dinner, buying presents, meeting friends/family...

If you fail to prepare accordingly and leave everything to the last minute, you'll inevitably find yourself doing a million and one things in the space of a week to 10 days...

Try to avoid the heart palpitations this year and be prepared...

### Sleep

We have spoken about this in previous editions, and we cannot stress to you how important enough sleep is!

Please take 5 minutes and read this link:

[http://longevity.about.com/od/lifelongenergy/tp/healthy\\_sleep.htm](http://longevity.about.com/od/lifelongenergy/tp/healthy_sleep.htm)

### Exercise

Do not underestimate the positive stress relieving properties of exercise...

Get to the gym, hit the punch bags, slam the slam balls, blow off some steam...

Even bring the dog for a good walk, just Exercise, it will help.

**\*Catch 22: These are all intertwined...**

If you fail to get a handle on your sleep and prep, you will never manage to keep your exercise up!

How are you going to find the time to train if you are running into town to get that last minute present, or if you haven't had a good nights sleep and you are too exhausted to exercise...

## 2. Damage Limitation

Late nights, early starts, carb and sugar overload, leads to metabolic damage!!! And that is just the build up to Christmas, never mind the actual day itself...

We are not saying refrain from enjoying yourselves, as that is what the holiday season is for!

Here are a few little tips on how to make smarter choices...

### Alcohol

Have a look at this link below which gives you the calorie breakdown of different drinks and see which one you would normally have, or which one you might switch to as an alternative. <http://www.the-alcoholism-guide.org/alcohol-calorie-chart.html>

**TIP:** On nights out, try to have a glass of water every 2/3 drinks to help keep you hydrated, and reduce the effects of the hangover the next day (*cue Cave Day when the only exercise done is turning Netflix on and walking to the fridge*).

### Food

If you are like us and love nothing more than all the little snacks & bites of party food etc, then this will be a key area over the holidays to help you minimise damage.

***A couple of party snacks won't spoil your day...***

If you are out at a party or event, or you have people over, don't beat yourself up if you have a few little treats (they are delicious, and it's Christmas!).

***A few treats aren't a deal breaker!***

Passing on all the "goodies", may lead to a full blown binge. (If you can't have it, you want it!!)

Should you slip up and "go long" on the cocktail sausages or pork pies, make sure your next meal is healthy and nutritious.

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