

*Wirral Globe* 

# HEALTH & FITNESS 2007



# Win a year's free gym membership

## Be Unique..

..let us help you get fit in 2007



Call David Lloyd Cheshire Oaks on 0151 355 9050 for a complimentary day pass, and start getting fit. Email: [mship.cheshireoaks@whitbread.com](mailto:mship.cheshireoaks@whitbread.com)



THE Spa at Crabwall Manor boasts a 35 stationed gymnasium, beautiful leisure pool, spa bath, sauna, steam room, aerobic studio and five beauty treatment rooms.

Clients are offered fitness classes and personal training delivered by highly-qualified staff.

Health and fitness is key to improving your quality of life, helping to prevent many debilitating diseases.

As a member of The Spa, you can work out in the gym, relax on poolside or take part in exercise classes to help you improve your quality of life.

The aim of the club is simple - to help you achieve your goals, whether it be losing weight, general fitness or just to relax and unwind.

The Spa is ideally situated

within the beautiful grounds of Crabwall Manor Hotel, only a three-minute drive from Chester city centre.

Within the beauty spa E'spa treatment range is used. E'spa is a treatment, product and

environmental stresses of modern living. Qualified and experienced beauty therapists can help you chose your beauty treatments to ensure maximum benefits.

Your membership deal can be tailored to suit your lifestyle, with membership packages starting from just £26 per person per month. As a member you receive a 20% discount on beauty treatments.

To be in with a chance of winning a year's free membership of the Crabwall Manor Spa, simply write your name, address and telephone number on a postcard and send it to: Globe/Spa competition, Crabwall Manor, Parkgate Road, Mollington, Chester, CH1 6NE by the closing date of Friday January 12.



lifestyle concept which has been developed for the higher sector of the spa industry over many years. Devised by aromatherapists and physiotherapists, E'spa combats the physical, emotional and



## Motorcise has given me my life back



**Mother-of-two Sheila Reynolds used to frequent an intensely competitive high street gym before being hit by arthritis.**

Now 48-year-old Sheila is a regular at Motorcise and insists the relaxed and friendly atmosphere is a million miles away from the cut-throat gym world dominated by fitness fanatics. After 18 months of Motorcise and a hip replacement Sheila is stunned at how quickly and successfully her mobility has returned.

She said: "The machines here are great. They have been absolutely fantastic and the mobility I have now is far better than I could have imagined."

"The whole place is so welcoming - they make you feel at home. There is no competitiveness like at other gyms. This is full of genuine people. I've also lost weight and dropped a dress size - which is fantastic."

**Janet Carr** was facing up to the prospect of losing her leg. The 61-year-old grandmother had undergone three years of unsuccessful rehabilitation - both conventional and alternative - to treat the debilitating nervous condition RSDS that was ruining her life.

Wheelchair-bound and faced with the prospect of amputation Janet, discovered Motorcise and now she has amazed the medical profession with her return to fitness.



Motorcise changed our lives: from left to right: Jan Murray, Sandra Jones, Janet Carr, Sheila Reynolds, Catherine Lisle and Margaret Harford

Janet, who now only needs a walking stick, said: "The doctors are amazed at my recovery. I'd tried everything else - physio, acupuncture, hydrotherapy. But nothing worked."

"Motorcise has made a massive difference to me. Before I was stuck in the house because I couldn't walk - now I've got so many friends after meeting them here. Motorcise has given me my life back."

Eighty-one-year-old **Catherine Lisle** has been given a new lease of life thanks to her regular half-hour sessions at Motorcise.

Catherine, was having respiratory troubles and carrying a little excess weight but after 18 months of Motorcise she is a picture of health.

She believes the social benefits gained at the centre are equally impressive as the physical and fitness gains.

She said: "It has been marvellous. It couldn't be any better. I've lost almost a stone in weight and I feel really great now - so much better in myself."

"It is a beautiful atmosphere down here. The staff are great and everyone gets on so well together."

**MASSIVE NEW YEAR DISCOUNTS!**  
**£100** off normal price  
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Motorised Exercise has changed their lives - call now to arrange your **FREE WEEK** and see how it can change yours!



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**0151 666 1001**

Open Monday to Friday 9.00am - 8.00pm, Sunday 9.00am - 2.00pm  
Facilities for ladies only  
[www.motorcise.com](http://www.motorcise.com)  
46 centres nationwide

call **NOW** for your **FREE GUEST VISIT**

# Lose weight for good in 2007 . . .

## . . .and lead a healthier lifestyle

If you are thinking of making it a New Year Resolution to lead a healthier lifestyle in 2007 and lose those unwanted pounds, ensure you make it a resounding success by following the tips below from Weight Watchers.

❑ Follow a healthy weight loss food plan that is flexible, suits you individually and leads to long-term success rather than a quick fix. NEW for 2007 Quick and Easy Start is ideal.

❑ Set yourself a realistic goal weight that you can actually maintain.

❑ Include some physical activity in your week. Choose something you enjoy, whether it is simply walking to the shops or going for a swim and aim to do around five sessions of 30 minutes of physical activity each week. Remember, it only takes six weeks to form a habit!

❑ Don't give up at the first hurdle. Forgive yourself if you are less than perfect and then get back on track.

❑ Get weighed once weekly. Your weight varies from day-to-day, hour-to-hour, so take a measure of your progress once a week.

❑ Don't listen to those who tell you that they haven't followed a diet and then they lose weight!

❑ Donate those track suit pants to charity - you only grow into stretchy waist bands!

❑ Don't shop on an empty stomach. You find it a lot easier when you aren't hungry to choose wisely at the supermarket - and save money!

❑ Don't eat leftovers because it's a

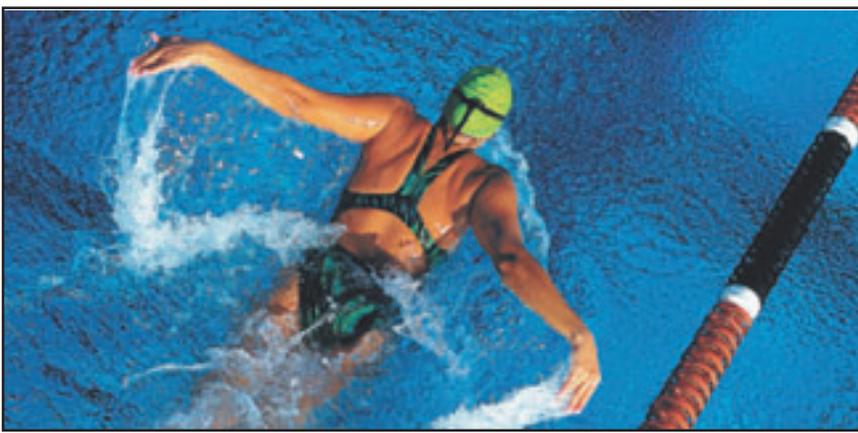
waste. It usually ends up on your waist!

❑ Donate your big clothes to charity as you lose weight, so you have no intention of ever wearing them again.

❑ If you need extra help and motivation and sure fire success - join the number one weight management group, Weight Watchers. All leaders have been members before and can support you on your weight loss journey.

❑ People who attend Weight Watchers meetings lose three times more weight than those who go it alone.

Join your local Weight Watchers meeting today and register free (saving up to £9) January 2 - February 17 2007. Call 08457 123 000 or visit the website [www.weightwatchers.co.uk](http://www.weightwatchers.co.uk) for details of your nearest meeting.



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[www.craniosacralclinic.co.uk](http://www.craniosacralclinic.co.uk)



## A New Year A New You



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NO CONTRACT

Why not indulge in a detoxing treatment too?

Call 01244 851 585 for further details

Parkgate Road, Mollington, Chester, CH1 6NE.

# WeightWatchers®

<b>Bebington</b> * Studio 1 The Oval <b>Saturday</b> <b>*10.00am</b> <b>*New Meeting</b> <b>Opens 13/01/2007</b> * Civic Centre Civic Way Tuesday 9.30am, 11.00am, *4.00pm <b>*New Meeting</b> Opens 09/01/2007, 5.30pm, 7.00pm <b>Bidston</b> * Ballyntyne Community Centre Bidston Village Road <b>Tuesday *6.30pm</b> <b>*Reopens</b> <b>09/01/2007</b>	<b>Birkenhead</b> * The Friends Meeting House Slatey Road <b>Tuesday *4.00pm</b> <b>*New Meeting</b> <b>Opens</b> <b>02/01/2007,</b> 5.30pm <b>Thursday 10.00am</b> <b>Bromborough</b> * The Royal Oak High Street Tuesday 10.00am, 5.30pm, 7.00pm Wednesday 10.00am <b>Cloughton</b> * Birkenhead Sixth Form College Park Road West Wednesday 6.00pm	<b>Ellesmere Port</b> * Community Centre Flatt Lane Tuesday 6.30pm Wednesday 10.00am, 5.00pm, 6.15pm <b>Gayton</b> * Football Club Brimstage Road <b>Thursday</b> <b>*2.00pm</b> <b>*New Meeting</b> <b>Opens 11/01/2007</b> <b>Greasby</b> * Community Centre Greasby Road Thursday 6.30pm <b>Great Sutton</b> * St Johns Church Hall Church Lane <b>Tuesday *5.30pm</b> <b>*New Meeting</b> <b>Opens</b> <b>09/01/2007,</b> 7.00pm	<b>Heswall</b> * Alexander Hall 3 Rocky Lane Thursday 10.00am, 6.00pm <b>Higher Bebington</b> * Town Lane Infants School Town Lane Thursday 6.30pm <b>Hoylake</b> * Youth & Community Centre Hoyle Road Tuesday 7.00pm <b>Irby</b> * St Chad's Church Hall Roslin Road Monday 6.30pm <b>Liscard</b> * New Brighton Cricket Club Mortuary Road Wednesday 9.45am	<b>Little Neston</b> * St Michael & All Angels Church Marshlands Road Monday 6.30pm <b>Little Sutton</b> * St Georges UR Church Chester Road Thursday 6.30pm <b>Moreton</b> * Methodist Church Pasture Road Wednesday 4.00pm, 5.30pm, 7.00pm Thursday 9.30am <b>Neston</b> * Methodist Church Park Street Tuesday 6.30pm <b>New Brighton</b> * Community Centre 1a Hope Street <b>Tuesday *6.00pm</b> <b>*New Meeting</b> <b>Opens 09/01/2007</b>	<b>New Ferry</b> * Windsor House Windsor Close Thursday 7.00pm <b>Oxton</b> * St. Saviours Parish Centre Bidston Road <b>Wednesday</b> <b>*9.30am</b> <b>*New Meeting</b> <b>Opens</b> <b>10/01/2007,</b> 7.00pm <b>Pensby</b> * Kylemore Community Centre Kylemore Drive Wednesday 6.30pm	<b>Poulton</b> * Salvation Army Hall 97, Poulton Road Monday 7.00pm <b>Prenton</b> * St Stephens Church Hall 11 Prenton Lane Monday 5.00pm, 6.30pm Tuesday 10.00am * United Reformed Church Prenton Road West Wednesday 6.30pm <b>Rock Ferry</b> * St Pauls Church Hall Old Chester Road Wednesday 6.30pm	<b>Spital</b> * Poulton Lancelyn Primary School Venables Drive Monday 6.30pm <b>Thingwall</b> * Recreational Centre Sparks Lane Tuesday 6.30pm <b>Upton</b> * Victory Hall Salacre Lane Tuesday 6.00pm <b>Wallasey</b> * Oldershaw High School Valkyrie Road Monday 6.30pm * YMCA Manor Road Wednesday 7.00pm	<b>Wallasey Village</b> * GH Peers Club St. George's Road <b>Thursday</b> <b>*5.30pm</b> <b>*Reopens</b> <b>11/01/2007,</b> *7.00pm <b>*Reopens</b> <b>11/01/2007</b> <b>West Kirby</b> * Westbourne Methodist Church Westbourne Road Wednesday 7.00pm Thursday 10.00am <b>Whitby</b> * High School Sycamore Drive Thursday 6.30pm * Sports & Social Club Dunkirk Lane Monday 6.30pm
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"She's got her old self-confidence back."  
The husband

Join a meeting today  
and start your story

For more meetings in your area call 08457 123 000  
or go to [weightwatchers.co.uk](http://weightwatchers.co.uk)



**REGISTER FREE\***

and get the new Quick and Easy Start.  
Bring this coupon to your first meeting.

WeightWatchers®

J7 290

\*Valid until 10th February 2007. Weekly payment applies. †One guide per member. Offers valid in meetings in England, Scotland and Wales only. Weight Watchers is a trademark of Weight Watchers International Inc. and used under its control by Weight Watchers (UK) Ltd.

# Battling the bulge

ANNE Diamond, Broadcaster and Journalist has launched a new website - [www.fathappens.com](http://www.fathappens.com) - a site for people who want to lose weight through mutual support and encouragement.

"Fat isn't a sin - and it doesn't deserve punishment," said Anne. "You know what they say when things go wrong? Don't beat yourself up about it! It doesn't mean

you're a bad person, it doesn't mean you deserve it. So...fat happens. It just happens. Whose fault is it? Beating yourself up won't help. Just find a way to deal with it.

"That's why I've set up a new website. It's for the millions of us to whom fat has happened - and who spend so much time trying to do something about it. It's not for those who like being fat, or who reluctantly

accept it. It is a site for men and women who are going to battle the bulge in their own way, in their own time - and not according to the fat fascist attitudes of the outside world.

"I was moved to set up this forum by the thousands of viewers and readers who've been following my progress in the media over the past few years. Like me, they're furious that they become the focus of such prejudice and spite from the thin world. I wanted to provide a new environment, a meeting place for them all to contribute, share views and inspire with collected stories and experiences. "Losing weight is a much bigger battle than thin people can even countenance. When fat happens to you, you need friends to give you the encouragement and support you deserve - on [www.FatHappens.com](http://www.FatHappens.com)"

SUPPORT:  
Anne Diamond



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Wirral Hospital NHS Trust's  
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The private facility, based at Arrowe Park Hospital, Upton, provides a high standard of care in peaceful, well-appointed single rooms. Our patients also have easy access to the hospital's state of the art facilities, which include a high dependency unit and coronary care.

Access to care in Park Suite is not dependent on private health insurance as fixed price packages are available. All revenues generated by the facility become part of the Trust's general budget, which funds the development of all NHS services available at Wirral Hospital.

For further information contact The Park Suite directly on 0151 604 7007



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## Getting Personal

Joanne Willcox Dip.C.H, M.I.P.C.H, has written many articles on health / nutrition supporting the benefits of colonic hydrotherapy. She has been in the industry for 22 years unlike many practitioners Joanne has made colonic hydrotherapy her one and only speciality.

What are the most important common questions asked?

How can I get rid of my bloated tummy?

It is often due to a diet with too much sugar and alcohol which leads to an imbalance of gut flora (bacteria).

Why can't I lose weight?

Often people are diagnosed with Coeliac Disease also Auto-Immune disease triggered by gluten. Inadvertently they are eating gluten and wheat, so become bloated as a result.

Are there any instant sweet craving fixers?

Apples and dried fruit are a healthy alternative.

What's the healthiest food we can eat?

Our diets should be rich in water, essential fatty acids found in Oily fish and fibre.

What causes constipation?

Often peoples diets are lacking water, fibre and essential fatty acids. By simply adding 2 tablespoons of linseeds to a high fibre breakfast such as porridge, muesli or bran, can significantly help with constipation.

## Colonic Hydrotherapy Ask the Expert

Whether you suffer with a bloated tummy, i.b.s, ulcerative colitis, constipation, asthma, allergies, diarrhoea, spastic colon, skin problems, mucous colitis, diverticulitis, flatulence, liver sluggishness, headaches, fatigue, depression.

Leading Colonic Hydrotherapist Joanne Willcox Dip.C.H M.I.P.C.H

tells us that poor elimination can lead to many of the above chronic conditions, which colonic hydrotherapy can help.

The Result

After treatment most people feel instantly 'lighter' and have an over all feeling of well being, other experiences have been, increased mental alertness, lots more energy, flat tummy, regular bowel movements, weight loss and relief of bloating and constipation.

Joanne tells us many of her clients have become more proactive in their approach to diet, lifestyle and nutrition after a course of treatments. I offer and pass on information on a whole range of fabulous supplements, detox programmes, menopause programme, adrenal support. Also The Seven Day Tissue Cleanse, this is a very deep cleansing programme designed by Bernard Jensen, which targets the mucoidal plaque along the digestive tract.

For more information and to book treatments call

0845 017 6020



Crabwall Manor ★ ★ ★ ★ Luxurious hotel  
Parkgate Road, Mollington, Chester, CH1 6NE

Clinics also in

Manchester, Liverpool City Centre, coming soon clinic in Heswall.

May I wish a Happy New Year to all my existing and new clients

# Fast family feasts

WE all like the idea of getting our families back round the table for meals together, but when time is precious this can be difficult.

If your New Year's resolution is to get busy in the kitchen then the latest Slimming World book, '30-Minute Meals', contains 120 mouthwatering recipes that will provide a real feast for your family.

Each of the delicious, nutritious recipes has been created by Sunil Vijayakar, the mastermind behind thousands of Slimming World recipes.

Sumptuously illustrated, '30-Minute Meals' is packed with mouthwatering meals, including hot and sour seafood soup, chive and mushroom quiche, Tex-mex tacos, pork and mango parcels or oven-baked sea bass with bacon and cherry tomatoes. Delicious dessert menus include amaretti-stuffed nectarines and poached pears.

'30-Minute Meals' contains fabulous and tasty meal choices including soups

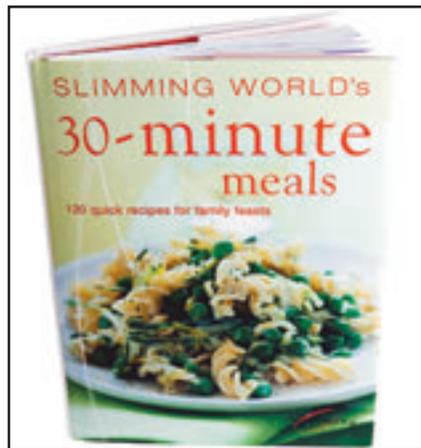
and starters, snacks and salads, meat and poultry, fish and shellfish and vegetable dishes, as well as meals containing noodles, rice, pasta and grains.

Family health has been a top priority for Slimming World. Last year, the Family Affair scheme launched allowing overweight adolescents aged 11-15 years old to attend Slimming World

groups free of charge, if accompanied by a parent or guardian who is mainly responsible for their meals.

'30-Minute Meals' is £9.99 from your local Slimming World group or £15.99 from selected retailers.

□ For further information about Slimming World and to find your nearest group, visit [www.slimming-world.com](http://www.slimming-world.com) or contact 08700 745666.



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**266 Wallasey Village, Wallasey - 0151 638 7557**  
**722 Borough Road, Prenton - 0151 608 8825**

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**Mum's slimming**

*at Slimming World we're full of surprises*

**MORNING GROUPS**

**MONDAYS**

**NEW GROUP UPTON**  
VICTORY HALL (TENNIS CLUB)  
SALACRE LANE  
MONDAYS 9.15AM & 10.30AM  
DIANE 6449064

**PENSBY**  
RECREATION CENTRE AND BOWLING CLUB  
PENSBY RD (OPP COOP)  
MONDAYS 9.15AM, ELAINE 6770664

**BROMBOROUGH**  
CIVIC CENTRE  
ALLPORT LANE  
MONDAYS 9.30AM  
GAY 201 3445

**TUESDAYS**

**NEW GROUP OXTON**  
ST. SAVIOURS PARISH CENTRE  
(NEXT DOOR TO CANARVEN PUB)  
BIDSTON RD  
TUESDAYS 9.15AM & 11AM,  
DIANE 6449064

**WEDNESDAYS**

**NEW FERRY**  
ST MARKS CHURCH HALL  
NEW CHESTER RD  
WEDNESDAYS 9.30AM  
WEDNESDAYS WEIGH IN ON THE WAY  
TO WORK 7.30AM - 9.30AM,  
DONNA 652 9784

**GREASBY**  
METHODIST CHURCH  
GREASBY MAIN RD  
WEDNESDAYS 9.30AM  
WENDY 6787788

**BEBINGTON**  
CIVIC CENTRE  
CIVIC WAY  
THURSDAYS 8.45AM, & 10.45AM,  
SHEILA 346 1300

**EVENING GROUPS**

**MONDAYS**

**PENSBY**  
RECREATION AND BOWLING CLUB  
PENSBY RD (OPP COOP) MONDAYS  
5.30AM & 7PM,  
ELAINE 677 0664

**BROMBOROUGH**  
CIVIC CENTRE  
MONDAYS 5.30PM & 7PM  
CHRISTINA 07835303813

**NEW GROUP UPTON**  
VICTORY HALL (TENNIS CLUB)  
SALACRE LANE  
MONDAYS 5.30PM & 7PM  
DIANE 6449064

**TUESDAYS**

**NEW GROUP OXTON**  
ST. SAVIOURS PARISH CENTER  
(NEXT DOOR TO CANARVEN PUB)  
BIDSTON RD  
TUESDAYS 5.30PM & 7PM,  
DIANE 644 9064

**HR BEBINGTON**  
JIREH CHAPEL TEEHEY GARDENS  
(OFF TEEHEY LANE)  
TUESDAYS 6PM  
KAREN 6259745

**BROMBOROUGH**  
OCTEL CLUB  
TUESDAYS 6PM  
CHRISTINA 07835303813

**HESWALL**  
UNITED REFORM CHURCH  
(NEXT TO TESCO'S) TELEGRAPH RD  
TUESDAYS 5.30PM & 7PM  
WENDY 6787788

**SAUGHALL MASSIE**  
OVERTON COMMUNITY CENTRE  
ROYDEN RD (OFF UPTON BY-PASS)  
TUESDAY 6.15 PM  
ELAINE 6770664

**PRENTON**  
METHODIST CHURCH  
CORNER OF WATERPARK RD  
TUESDAYS 5.30PM & 7PM  
VICKY 6527191

**WEDNESDAYS**

**NEW GROUP OPENING 3RD JANUARY MEOLS/HOYLAK**  
ST ANDREWS UNITED REFORMED CHURCH  
(NEXT DOOR TO RAILWAY PUB)  
GREENWOOD RD  
WEDNESDAYS 6.15PM  
CATHY 6701686

**HIGHER BEBINGTON**  
UNITED REFORM CHURCH (OPP HR.  
BEB SCHOOL)  
HIGHER BEBINGTON RD  
WEDNESDAYS 5.30PM & 7PM  
KATHY 608 8311

**GREASBY**  
METHODIST CHURCH  
GREASBY MAIN RD  
WEDNESDAYS 5.30PM & 7PM  
WENDY 6787788

**BIRKENHEAD**  
ARRIVA CLUB (BUS DEPOT)  
LAIRD ST  
WEDNESDAYS 6PM  
SUE 645 3596

**NEW FERRY**  
ST. MARKS CHURCH HALL  
NEW CHESTER RD  
WEDNESDAYS 5.30PM  
DONNA 652 9784

**THURSDAYS**

**BEBINGTON**  
CIVIC CENTRE  
CIVIC WAY  
THURSDAYS 5.30PM & 7PM,  
SHEILA 346 1300

**ROCK FERRY**  
ST. PAULS CHURCH HALL  
THURSDAYS 6PM  
VIVIEN 6431633

**WEST KIRBY**  
ST. AGNES R C CHURCH HALL  
DARMONDS GREEN  
THURSDAYS 5.30PM & 6.45PM,  
KAREN 625 9745

**BIRKENHEAD**  
THE QUEENS HOTEL  
PARK RD EAST  
THURSDAYS 6PM  
SUE 6453596

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Offer valid until 01/02/2007. Offer extends to full one year, two year and senior membership packages only. Staff members, their families and existing members of Fitness 2000 excluded. All direct debit memberships are subject to a 2 month down payment on date of joining. Fitness 2000 Ltd, 3-5 Thomas Street, Birkenhead, CH41 5DD.

# Get fit and raise cash for charity

HASN'T everyone made a New Year's resolution knowing full well that before this month is out it'll be broken? Or worse still, before you're even back at work?

There is hope though, as a MORI poll has revealed that 75% of people say they are more likely to stick to a resolution if it benefits others. So if you're endeavouring to get fit in 2007 then international children's charity, Hope and Homes for Children (HHC), wants to hear from you as they have the perfect motivator, complete with training advice.

HHC is calling for intrepid explorers in the North West of England to discover the secrets of Inner Mongolia's majestic and mysterious section of the Great Wall of China, where only a limited number of tourists are allowed.

Television star, Clive Mantle (pictured right), famous for his roles in the Vicar of Dibley and Holby City, took part in a previous charity trek, which raised almost £200,000.

"I implore anyone to push themselves a little and experience this trek," he

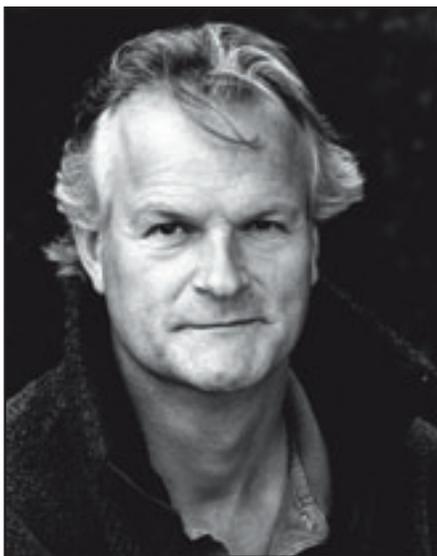
said. "It truly is a life changing opportunity, not only for you, but more importantly, for the children that Hope and Homes for Children support. Get out there and enjoy the fresh air!"

The twelve-day trip, from May 26 to June 6 2007, also includes two days walking on the Great Wall in the popular Hebei Province.

The trek is open to anyone aged 14 or over and involves approximately six to eight hours of walking a day, finishing in the early afternoon to allow time for exploring.

In return for lifelong memories and an enormous sense of personal pride, all you are asked to do is put down a £150 deposit and commit to raising further funds, which will go towards helping some of the world's most vulnerable children.

For more information, visit [www.hopeandhomes.org/gwc](http://www.hopeandhomes.org/gwc) or telephone Abi Thatcher on 01722 790111.



## Arona Therapy

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For more information call Mark or Rona on

**0151 645 8601**



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