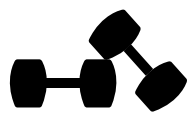


# Health & Fitness Newsletter



## Guildford Spectrum



### Let's recap April, May and June!

#### Welcome to our Health and Fitness Newsletter!

Here at Guildford Spectrum, we're passionate about creating a community that moves together and supports each other's fitness goals.

This newsletter will come out quarterly, providing you news and updates from the Fitness team including training and nutrition tips, gym updates, seasonal challenges, and inspiring Member of the Month stories.

#### Nutrition Corner

As the days get longer and the temperature rises, nutrition becomes even more important. Many people focus on their training plan but underestimate how much their results depend on what they eat and drink. Trust us, it's an easy mistake and far more common than you think!

Whether your goal is fat loss, muscle gain, improved energy or overall health - nutrition provides the fuel that allows your body to perform, recover and adapt.

Remember: consistency beats perfection. Focus on eating balanced meals, staying hydrated and choosing whole foods most of the time. Small daily habits can have a significant impact on both your fitness progress as well as your long term health.



#### Access to FREE Meal Plans

Do you struggle when it comes to planning fun, exciting and tasty meals for the week? That ends now!

Residents and people working in Guildford and Waverley can now access [FiveDinners](#), a free online meal-planning service!

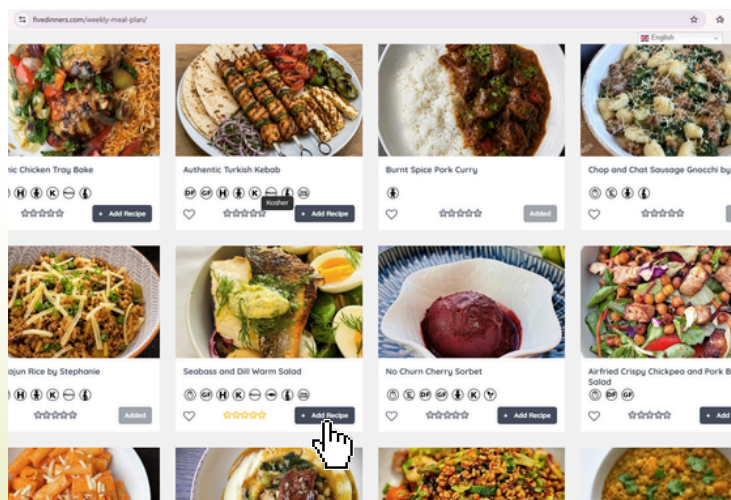
With the cost of living continuing to affect households, Waverley and Guildford Borough Councils have been working with celebrity TV chef [Theo Michaels](#) to offer free access to FiveDinners, making meal planning easier and more affordable.

FiveDinners created personalised meal plans to help you:

- Save money
- Reduce food waste
- Eat well and more healthily
- Shop smarter
- Be more confident in the kitchen

It's simple to use and tailored to your household with meals including low calorie, vegetarian, affordable, Gluten Free, type 2 diabetes and so much more!

[Click here](#) to sign up today to claim your FREE membership and get instant access to your new personalised meal plan!



# Health & Fitness Newsletter



## Guildford Spectrum



### Let's recap April, May and June!

**ENCOURAGE MOVEMENT  
OSTEOPATHY & REHAB AT  
Spectrum Gym**

### Supporting Your Training, Recovery & Long-Term Health

Whether you're lifting, running, swimming, or returning from injury, Encourage Movement is here on-site at Spectrum to help you move better, feel stronger, and stay pain-free.

#### What We Offer

- Osteopathy for pain & injury
- Sports Rehabilitation for gym-goers & athletes
- Sports Massage
- Women's Health Osteopathy (pelvic health, postnatal rehab, abdominal separation, C-section recovery)
- Hair Treatments

 **BOOK ONLINE:**



 [encouragemovement.co.uk](https://encouragemovement.co.uk)



### Car Park Resurfacing - Temporary Closure

We'd like to let you know that the car park close to the entrance and overlooking the athletics track will be temporarily closed for all essential resurfacing works. The closure will be in place for the next couple of months while improvements are carried out.

Guildford Spectrum will continue to operate a normal during this time, with no other area of the car park being affected.



### How To Train Safely in the Heat ☀️

With the temperatures consistently rising, it's important to train smart and prioritise your safety.

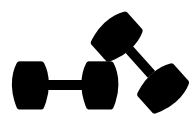
If you're training in the heat, remember to:

-  **Stay hydrated** - drink water regularly throughout the day and consider electrolytes
-  **Fuel your body** - eat a balanced meal or snack before and after training
-  **Dress appropriately** - wear lightweight, breathable clothing
-  **Seek shade where possible** - avoid prolonged exposure to direct sunlight

# HELLO SUMMER



# Health & Fitness Newsletter



## Guildford Spectrum



### Let's recap April, May and June!

#### Class Spotlight - Range of Motion

Range of Motion is a wellness class that takes place **every Tuesday at 6:30 - 7:15pm.**

What to expect:

Through controlled movements and targeted stretches, you'll increase flexibility, reduce stiffness and enhance overall movement quality. Suitable for all fitness levels, this class helps support better posture, injury prevention and smoother everyday movement.

[Click here to book](#)



#### World Cup Sweep Stake

Have you joined in our World Cup Sweep Stake?

Don't forget to keep an eye on the results located by Reception in the Gym!



#### HYROX

HYROX classes launched at Guildford Spectrum in April and has been a great success since!

**Have you had a chance to try it yet?**

Weekly class schedule:

Tuesdays @ 12:30 - 1:15pm

Wednesdays @ 6:00 - 6:45pm

Fridays @ 12:30 - 1:15pm

Saturdays @ 8:00 - 9:00am

[Click here to book](#)



#### Guilfest

We will be attending Guilfest this year with a Guildford Spectrum stall!

Have any questions on our memberships, classes we offer or the facilities at Guildford Spectrum? Come and visit us on the Saturday 4<sup>th</sup> and Sunday 5<sup>th</sup> July!



# Health & Fitness Newsletter



## Guildford Spectrum



## Let's recap April, May and June!

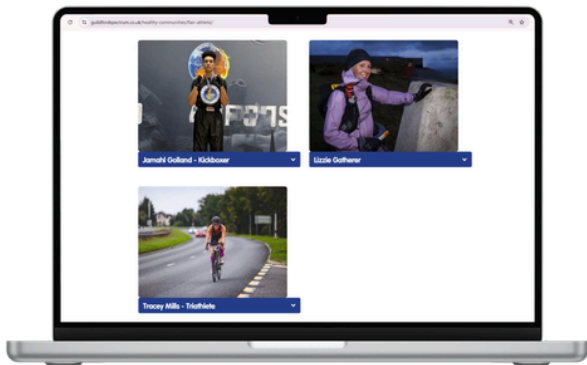
### FLAIR Athlete

At Guildford Spectrum, we run a Freedom Leisure Athlete Investment & Recognition support scheme, known as FLAIR.

#### What is the FLAIR scheme?

FLAIR supports athletes that compete at a national level, providing them FREE access to our facilities to support their training. Guildford's FLAIR athletes compete in sports ranging from kickboxing and track running to backyard ultra running and triathlons.

[Click here](#) to learn more about our FLAIR athlete scheme and keep up with what Guildford's FLAIR athletes are doing.



### Creating a Healthy Community

One of our priorities is to build a healthy community throughout the borough.

The Healthy Communities team works hard to reach communities including local priority groups; women & girls, active aging, children & young people, those with disabilities or long term illness and those on low income.

#### Here are some upcoming sessions taking place at Guildford Spectrum:

**Walking Cricket** - A modified, low-impact version of the traditional game of cricket, specifically designed for older adults or individuals with physical limitations.

Walking Cricket takes place every Monday, 10:00am - 11:30am.

**No Strings Badminton** - Providing an opportunity to play badminton and meet new people, without the commitment of having to come every week.

No Strings Badminton takes place every Thursday, 10:00am - 12:00pm.

[Click here](#) to find out more about the work being carried out by the Healthy Communities team.



### Refer a friend and SAVE!

What if we told you, we have a great offer which allows you AND your friend to SAVE BIG!

#### Here's how:

Refer your friend to Guildford Spectrum and if they sign up for a membership, you'll receive **one month free and your friend will pay no joining fee!**

There is no limit to the amount of people you can refer - so share this amazing offer with your friend, and then your partner, neighbour and colleague.

[Click here](#) or visit Reception to refer a friend today!



# Health & Fitness Newsletter



## Guildford Spectrum



### Let's recap April, May and June!

#### GP Referrals

Exercise referral is all about improving your wellbeing through exercise. With our GP referral scheme, we will guide you through our 12-week bespoke programme of supervised activity tailored to your individual goals and health needs. Our GP referral scheme is only suitable for those with long-term health conditions.

##### The exercise referral process:

##### Step 1, Talk to your GP or healthcare professional:

They will assess your suitability for our scheme.

**Step 2, Come and meet us:** After initial contact, we'll meet you in person. This is an opportunity for you to have a look around and talk to our team about your health needs.

**Step 3, Let's go:** We want you to feel comfortable using our Gym so your personal trainer will talk you through an exercise programme on your first session. To ensure progression, this will be reviewed every four weeks.

**Step 4, Making long-lasting change:** Starting to feel the benefits of regular physical activity? We will then be able to help you identify other opportunities to sustain the changes you've made.

[Click here](#) for more details regarding our GP exercise referral scheme, or contact [hcguildford@freedom-leisure.co.uk](mailto:hcguildford@freedom-leisure.co.uk) with any questions.



#### PT Spotlight

Whether you're new to the Gym and need help on setting your fitness goals or you're looking to further your existing fitness journey - working with a personal trainer can help you do that!

##### Meet two of our new personal trainers, Owen and Matti!

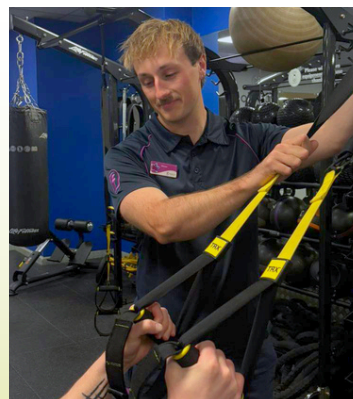
##### Owen

*'Don't let what others have distract you from what you are building'*  
Owen believes fitness should improve more than just your physical health, and should help you feel stonger, happier and more confident in everyday life. Working closely with clients to create realistic and enjoyable plans, Owen's priority is to help you build long-term results that support both your physical and mental wellbeing.

##### Matti

*'Real change starts with one decision'*

Matti is passionate about helping people push past their limits, whether they have an exisiting clear goal or are still figuring out their direction. For Matti, the gym and fitness became a way for him to take control and help others the same. His passions include strength work, cardio and plyometrics with a strong interest in HYROX and hybrid training. Matti's priority is to help people build confidence, develop discipline and achieve more than they thought was possible.



# Health & Fitness Newsletter



## Guildford Spectrum



### Let's recap April, May and June!

#### Collecting tickets for Group Exercise classes

##### Class booking reminder

To help us manage class attendance and ensure a smooth experience for everyone, all participants must book their space before attending a class.

Our instructors will be checking bookings/tickets at the start of each class to confirm attendance.

If you plan to join a class, please make sure you have reserved your spot in advance.

Thank you for your cooperation and support.



#### The 5 Minute Grace Period

Please note, there is a 5 minute grace period for all group exercise classes.

If you arrive more than 5 minutes after the class time, you will not be permitted to join the session and may be turned away. This policy is in place to ensure the safety and enjoyment of all participants.

We thank you for your understanding!

#### £5 Fridays!

**Every Friday, we are offering a reduced guest gym pass for £5!\***

Are you ready to get motivated? Working out with a friend can:

**Boost your motivation** - Having a friend by your side encourages you to do your best

**Hold you accountable** - You're less likely to skip your Friday workout if you're with a friend.

##### Wondering how to claim your reduced guest pass?

Every Friday, mention this message to claim! Your guest will be required to pay the £5 fee at Reception, in order to receive their pass.

This reduced guest pass will be offered to members every Friday, so that your friends can join you for a workout in the Gym.

\*Guests must be over 18 years old. This offer is valid for the full day and only applies to access to the gym.

