



# Blast Back into Shape with a New Year 'Bird' Boot Camp!



## 2 week BLAST: 3rd Jan to the 14th Jan..

### Early 'Bird' Blast:

6.30am to 7.30am Sunday, Tuesday and Thursday

### Afternoon 'Bird' Blast:

5pm to 6pm Sunday, Monday and Thursday

Cost for 2 weeks: BD25 Minimum required 4 people.

Please contact me to book your spot: [Samantha@samanthatjones.com](mailto:Samantha@samanthatjones.com) or 363-696-09

## 5 week BLAST: 7th Feb to the 7th March..

### Early 'Bird' Blast:

6.30am to 7.30am Sunday, Tuesday and Thursday

### Afternoon 'Bird' Blast:

5pm to 6pm Sunday, Monday and Thursday

Cost per person per 5 weeks:

2 people: BD112.5

3 people: BD 75

4 people: BD 57

## Tips for a Healthy Festive Season:

### Water:

Drink half your body weight in pounds in ounces each day to counteract the effects of diuretics like over consumption of alcohol.



### Exercise:

Get outside and enjoy the fresh air (while we have some). How about a brisk walk each morning that you have time off. Or a game of golf, or roller blading.



### Sleep:

Tough one I know with so many social functions, but you need time to let your body recover, try and alternate late nights for an early night and if you are feeling tired, try listening to your body and calling it a night. The festive season is a long one so pace yourself, your body will thank you in the New Year!



### Emotional:

Remember the 80/20 rule; stay healthy 80% of the time then relax and enjoy yourself 20% of the time.

Have responsible fun ;-)