

More than just a fitness studio

If we've learnt anything recently, it's the importance of prioritising mental well-being and happiness over losing weight.

Why spend your life punishing yourself over the numbers on the scales or in your clothes tags?

At S75 Fitness in Barnsley, their fitness studio is powered by self-belief, giving clients the encouragement to feel confident in their bodies just the way they are. Run by Victoria Hudson, an experienced personal trainer, nutrition coach, and ex-Royal Navy personnel, her aim is to help people have a healthier relationship with food, mind and body.

Exercise has more benefits to health than just losing a few pounds; whoever walks through the door and picks up a dumbbell or attempts burpees should leave feeling capable of achieving anything they set their minds to.

Whether that's to be physically



and mentally strong enough to tackle whatever life throws at you, improve your fitness levels, or become better educated around having a balanced diet to finally quit those fast fixes, fasting and fads, S75 Fitness offers over 25 classes a week at their Barnsley-based studio.

Get your endorphins flowing with fast-paced high intensity bootcamp and circuit sessions, or switch off from the outside world with power-charged Yoga and Pilates. They also offer a women's only weightlifting class called The Lady Lifts to help women train with confidence.

But above all else, S75 Fitness is a place where you can feel part of a social community of support, fun, love and laughter where one size definitely does not fit all.



Stand up for your health

With **Victoria Hudson of S75 Fitness**



As we start to move around more, many of us are starting to think about getting more active. But trying to fit that into a busy daily routine can be hard.

We should be aiming to exercise for at least 30 minutes five times a week.

While exercise will help you lose a few pounds (if you need to) it's not the only thing that you will benefit from being more active. Exercise brings out the positive side in us: it increases self-confidence, helps reduce anxiety, makes us stronger and fitter and able to take on the world!

If you have spent more time than ever sat down, you may find you are getting neck/back pain - or you just feel stiff. It's time to think about standing up more.

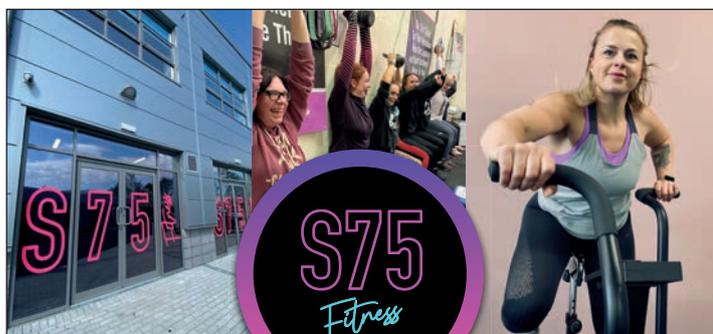
Top tips to add some much-needed movement and mindfulness into your daily life:

- **Park your car further away.** As you walk, take deep breaths with every step. This can help calm the mind and reduce feelings of anxiety. Just those few extra steps a day can make a difference.
- **Can you stand up more?** Maybe when you take a phone call at your desk, get into the habit of standing up. Even better if you can walk around.

"It doesn't have to be running or in a gym; a brisk walk that gets your heart rate up higher than it was when you were sat down is a perfect place to start"

- **Imagine you have a balloon attached to the top of your head.** Allow your shoulders to drop away and down from your neck, allowing your head to be lifted and shoulders pulled back.
- **When you walk, become aware of how your body moves.** Feel your feet where they touch the floor, try to feel every toe move, notice which muscles you can feel with every step.
- **Put your phone down and go for a walk** around the block on your lunch break. Look at the trees, listen to the birds, notice nature. Your mind will thank you for it.
- **Try and do some exercise.** Anything that is more than you are doing now will make a difference. It doesn't have to be running or in a gym; a brisk walk that gets your heart rate up higher than it was when you were sat down is a perfect place to start.

Applying just these few changes into your everyday life can have huge longer term benefits on how your body feels, moves and your health.



Barnsley's newest fitness community powerhouse

OVER 25 CLASSES A WEEK

- High intensity training
- Bootcamp and circuits
- Sculpt and shape
- Yoga and Pilates
- The Lady Lifts
- Stretch, relax and heal

Plus Open Gym sessions

with a range of equipment including Airbikes, rig and pull-up bars, squat racks, slam balls, foam rollers and mobility balls

WE ALSO OFFER 1-2-1 PERSONAL TRAINING

NEW MEMBER OFFER

Free* one week pass for unlimited access for 7 days
*£10 deposit required which will be refunded after you attend your first session
Claim your trial here: www.s75fitness.com/welcome

JOIN THE S75 FITNESS COMMUNITY

PAYG classes £10 a session
Monthly memberships from £25/month

Based at Barnsley Business and Innovation Centre,
Innovation Way, Barnsley S75 1JL
Find our class timetable at www.s75fitness.com