

# 12 Week Xmas Recovery Programme

Would you like to lose 10kg and start the New Year full of energy?

Last year 30 of our clients did just that, in fact many lost more than 10kg and gained an enormous amount of confidence, self-esteem and general health and well being.

Our programme includes a minimum of 4 fitness sessions per week, building to a 1/2 marathon or 10 km event over 12 weeks, cooking and nutrition demonstrations, one-on-one nutrition consults, a supermarket tour, make-over and photo shoot and an after party to celebrate your achievements.

Our aim is to get you in shape and give you the education and tools to stay in shape.

**Cost \$650 or \$55 per week**

## Fitness Bootcamp

For those of you who have already completed a weight loss programme or who want to take your fitness up to the next level we are running a 12 week Fitness Bootcamp.

This will include a minimum of 4 fitness sessions per week, including some longer and more challenging walks or runs, timed fitness challenges, body sculpting, resistance training, pump classes, 4 nutrition consults and after party.

**Cost \$510 or \$42.50 per week**

## Monthly Passes

Unlimited classes and one nutrition per month

**Cost \$100 per month**

## Annual Pass

Unlimited classes plus one nutrition per month

**Cost \$1000 for the year**

**Registration for both programmes will be held at 5pm Monday  
1st February at Pukekohe Soccer Club,  
Bledisloe Park, John Street Side.**



Ginny McArthur's  
**OUTLOOK FOR LIFE**

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## That extra room!!

**Summertime is the time for outdoor living, but it's no fun without some sort of area to indulge our desire to do this in. It's also more important than ever that these areas have some sort of protection from the ever increasing burning heat and wind which seem to plague us at this time of year.**

Trees will provide shade, but they take time to grow and a tree large enough to give useful shade may be too large to fit comfortably in your garden plans. A pergola can be the answer, clad with vines it gives the same cool shade as a tree from the sunlight, and in much less time. Grapevines are the traditional Mediterranean covering for pergolas, and deciduous creepers are a popular choice. But if vines are not the answer for you, there are plenty of other options available. Simply place closely spaced battens over the structure to give you instant shade. Just space them according to the amount of shade you require. Brush-stick or bamboo are inexpensive and have a limited life span but if you want a very natural look they are a great alternative. Shade cloth provides filtered shade from sunlight, but let air and moisture through. This comes in a large range of colours and is a great maintenance free product. Canvas provides some protection from the rain; however it must be stretched taut so that water won't collect on it. It all depends on the style of your house and garden as to the choice of product used.

We usually think of pergolas as attached to the house, but they need not be, they can be free standing, to shade a path or create a secluded spot for a seat. Just think where you need shade and plan from there.

Every garden needs a level place with a firm floor where you can sit and enjoy a cup of tea (or stronger). It can be a terrace paved with bricks, stone, tiles, for example, but there are some advantages in building a timber deck. Firstly, a deck is lighter work (great for the reluctant DIY husband). You don't have to shift masses amount of earth to get your surface level, timber is lighter and easier to handle than paving materials and you don't have to worry about drainage or the fall of the ground. A deck has the advantage also that it does not have to be at ground level, you can raise it to just the right height so you can step straight out of the living room to the garden. If your garden slopes, you can arrange the deck without having to shift earth and build retaining walls, and a multi level outdoor living room becomes easy.

Just as in the house, in the garden the finishing touches make a great difference. Of course, you'll arrange plants and flowers with telling effect, but don't overlook the opportunities such details as seating, raised planters and window boxes can give to add a personal note.

**Things to look out for:** 12 Wesley St will be the home of FRONT ROOM a new and inspirational art gallery, opening 17th March 2010.

**Classes:** These will be starting on Wednesday 17th February. Details online or email for class schedule.

*Helen*