

FitLifeBalance

Bringing Fitness, Health and Wellbeing into your life

February 14

Hello... and welcome to my newsletter

My name is Lisa, I am the owner and founder of FitLifeBalance, an organisation that brings together the winning combination of Personal Training and Yoga

The purpose of this newsletter is not to have you subscribe to my services, but to supply you with a source of information, that will be delivered to your inbox, once a month, and will be packed full of hints, tips and research findings that may help you on your journey towards a fitter, healthier, happier life.

You have received this newsletter because you have previously shown an interest in receiving information relating to health, wellbeing, nutrition, exercise or Yoga.

So, first of all, I wanted to thank you for your interest.

More than ever my clients, students and friends are showing an interest in the hints and tips I share with them during their time with me. This is indicative, I'm sure, of



Lisa Fairclough

their desire to bring health and wellbeing into their lives on a daily basis. The only stumbling block is that many will have forgotten the information I shared almost as soon as we part company and they go about their day.

My goal with this newsletter is to provide friends, family, colleagues and clients with easy to digest pieces of information that will help you to achieve the healthy life they are looking for.

Please email me at lisa.fairclough@sky.com with any suggestions of topics you would like to receive information on.

Please also feel free to pass this email on to anyone you know who you think might be interested in receiving it. They are welcome to sign up to receive my newsletter direct on a regular basis via my website at www.fitlifebalance.co.uk.

So, until the next newsletter, which I will email out in March, I hope you have a wonderful month and that 2014 is feeling as if it will be an uplifting year for you all.

Warm wishes

Lisa

Personal Trainer and Yoga Teacher

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