

## ***Munster Treatment Rooms***

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### **New Year Fitness Resolutions – some Sensible Options**

We all make New Year's resolutions most of which we fail at on the first hurdle. One of these often includes resolving to get fit. At least that's what we all say after a week or two of eating and drinking too much and sloping around on couches and easy chairs. We all make promises to ourselves that we'll start a new exercise regime to shed those extra pounds and tighten those lazy muscles. If you can see this resolution through then you might want to consider options other than going out into the inclement weather and risking life and limb.

As we look out our windows and see heavy rain, strong gales, ice, snow and frost – and that's all before lunch time – it's really is hard to get into those jogging pants and hit the roads either at a slow pace or running for a few kilometres. Not only that, but it would be downright dangerous to step out onto icy surfaces and end up on the flat of your back or worse still end up in A & E.

The price could be high – emotionally, physically and financially.

So why not think of other, safer, alternatives to getting fit?

While we wait for the brighter evenings to arrive and hopefully better weather there are two gyms in the local hotels. There is one advantage to the downturn – prices for gym membership have been reduced.

Gyms don't always mean weights and building muscle density. You can do a personal fitness programme which will build your physical fitness and cardiovascular condition, without the risk of falling on ice or freezing in ice cold sleet. Work the regime out with the gym trainers and they'll make sure you mind yourself while building your fitness level.

Go for a walk on gym treadmills – use a pedometer to get up to the distance you would have walked or ran were you out in the elements.

Of course, the best activity of all is to swim – it ticks most of the boxes for getting fit and improving your overall body condition – and the risk of injury is practically non-existent. There are several pools in hotels in West Cork and the Kenmare area. Again, several of these pools are offering good rates at the moment. Maybe a group of people could come together as a club and ask for a group rate perhaps. If you're not into swimming, then you could do aqua-aerobics or water workouts (Clive Seawright offers the latter in his pool in Kealkil).

And, when the weather gets better, and the nights shorter, then you can resume your outdoor workout – that is, if the gym or pool haven't grabbed your full attention.

Regardless of your decision to tackle the excess weight or slothful ways, you still might want to come to us for treatments. If you do, you'll be in for a new treat. We now are sole suppliers of The Sally Miller Natural Cosmetic Collection which complements our therapies superbly. If you've spent time in the water or out in the elements, the Shea

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Butter is brilliant at softening dry skin and a little goes a long way. The collection's body creams make your skin feel like velvet. We're offer products in gift packages too and you can include a massage if so inclined – as good as a Hotel Spa for us mere mortals! It's all here at the Munster Treatment Rooms. We look forward to seeing you here.

We would like to thank you for your custom since August and rest assured you and your friends are always welcome here. Check out our web-site [www.munstertreatmentrooms.com](http://www.munstertreatmentrooms.com) or call us at 027 56448.

A happy and peaceful New Year to everyone.

Rob McGuinness

### **Munster Treatment Rooms**

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