

30<sup>th</sup> May 2008

## **Lose 8lbs and 8 inches in just 7 hours at The Hampton Health and Fitness Club**

Dear [Ex Member],

As a previous member of The Hampton Health & Fitness Club (formerly Club Motivation) we would like to take this opportunity to update you with the latest news, happenings and future plans for your local, friendly gym.

The big news is our brand new "**Extreme Fat Loss Program**" which has been proven to shed on average **8 inches and 8lbs in just 7 hours** over a 14 day period. Not only could you lose 8 inches but dramatically improve your body shape, tone and more crucially, reduce your risk of heart disease and diabetes.

### ***Don't spend hours at the gym – work out for just 30 minutes!***

These results can be achieved with just **30 minutes** of exercise each day, over the 14 days – results show it's better to work harder for less time, which makes it easier and more manageable.

### ***Benefit from a 25% discount***

As an ex member of The Hampton (formerly called Club Motivation), you can take advantage of a whopping 25% discount – saving you £75!

### ***No faddy diets – just a healthy eating plan***

We don't believe in faddy or extreme diets – our eating plan has been created specially for the "Extreme Fat Loss Program" by a top nutritionist. It's healthy, tasty, varied and even includes bacon and eggs for breakfast! Of course we have vegetarian and gluten free versions – so there are no excuses!

The Hampton's "**Extreme Fat Loss Program**" costs just £220 and includes:

- 14 personal training sessions (each just 30 minutes) to ensure you get the most out of the program
- A nutrition plan which is not only varied and tasty but helps you burn fat
- Full program induction
- Your exclusive 'ex member' discount of 25%...saving you £75

There are no membership fees to worry about – just 14 days of exercise and a balanced eating plan. You can then choose to do another 14 days or book a personal training course to really take advantage of the amazing body shape change you'll make. Our personal training courses are incredible value for money with 30 minute sessions starting at only £20.

### Extreme Fat Loss Program success stories

Dianne Huxley lost a **huge 42cm** (that's 17 inches) by following the program, Anne Southgate lost **24 cm and 11 pounds**. Richard Thomas lost an amazing **11 pounds** over the 14 days – his body was so revved up he lost another 4 pounds the following week!

Giles Rees said "I'm really impressed – I've lost more fat in 2 weeks than I did in 6 months working out on my own. The personal training really helps...this program gets visible success".

You too can wow your friends and family with similar results! Take advantage of your ex member discount and call us now to reserve your place. **Your exclusive discount offer ends May 31<sup>st</sup> 2008.**

For more information on The Hampton's "Extreme Fat Loss Program" or personal training courses, call us on 01675 443464.

### **Club Improvements**

2008 has already been a busy year for us – we've redecorated, replaced the carpets and made some improvements to the changing facilities. We aren't stopping there though – plans are underway to completely revamp the upstairs area to provide larger changing areas with more showers, more equipment and new 1 to 1 and group fitness sessions in our 'specialist' training area.

### **New membership options**

We now offer 'weekend only' membership from just £19 per month

- Weekends only – from £19 per month
- School parents – from £19 per month

Full membership is still just £39 per month, which continues to be fantastic value for money.

We'd love to see you back at The Hampton – whether it's for our "Extreme Fat Loss Program", a personal training session or through one of our membership options. We still believe that we are the areas friendliest club - not to mention **the gym that gets incredible results.**

All the best,

Gareth & Paul