

Complexions Newsletter, Issue 1 September 06
Editor M.Halliburton

Headline - 'COMPLEXIONS TEAM COMPLETE MARATHON'

By Michelle Halliburton

Six of Complexions Staff members took part in the Wolverhampton Marathon on Sunday 3rd September.

Manager Tarsam Kumar completed the grueling 13mile, half marathon, whilst other staff members Amy, Kam, Yasmin, Sereena, and Shila took part in the team relay event running 2 ½ miles each.

A record turnout of more than 2500 runners turned up for the race which set off from West Park and included other events such as a full marathon, wheelchair race and cycle race as well as a 3km fun run around the park for youngsters.

This is the second charity event that Complexions staff have done over the year, In October Tarsam and Shila completed the race for life, raising money for breast cancer.

Complexion manager Tarsam has taken part in other charity events in the past 12 months including the 'Race for Life' which raises money for breast cancer, and of the marathon, she said "It was a fantastic day, great weather and I see this as a great way to raise funds for good causes and to show our members that we are committed to everything we do."

This commitment raised over £100 for local charities

STAFF PROMOTIONS AT COMPLEXIONS

By Michelle Halliburton

Complexions is constantly growing and in a bid to improve its service there has been a recent staffing re-structure. As a result I am happy to announce that fitness instructors Amy and Nicky have been promoted to team leader positions. These promotions will take some of the pressure off management who previously dealt with all aspect of this growing business.

Team leader Amy is primarily responsible for events management and hopes to introduce new and exciting events each month. Team leader Nicky is chiefly responsible for member care teams and inductions, to insure you receive lots of support throughout your time at Complexions.

We are sure that you will join in congratulating the two girls on their promotions and look forward to seeing the improvements in our service.

MEMBER SUCCESS STORY

By Michelle Halliburton

Complexions has been open for one year and in that time has seen many dedicated members work hard to achieve their goals.

As an opportunity to motivate others, Complexions will be producing a series of 'Success Stories' of members whose positive approach to exercise demonstrates the benefits of improving physical health.

Kalvinder is one member of Complexions who since joining in December 2005 has seen a significant weight loss of over 6 stones, but more than that Kalvinder has experienced a complete transformation to a positive mental attitude. She comments, "I am starting to enjoy myself and don't feel as stressed these days - I have loads of energy"

Kalvinder says, "I visit Complexions up to 5 times a week and workout for an hour each visit." Currently a typical session for Kalvinder consists of 30minutes cardiovascular work and 30 minutes weight training. Kalvinder was given a tailored programme when she began her membership which she followed however now that she know her way around the gym she regularly varies her workout, "I feel that anything I do in the gym counts as its all exercise at the end of the day."

Kalvinder was recently awarded a certificate and gift for wining the 'Complexion Weighing Weight Loss' competition and shedding 22lbs in one month.

This shows how hard work and commitment can produce amazing results. Kalvinder is pleased with her achievements and says, "I would love other people to feel the difference that I feel today compared to 12 months ago. I'm fitter, healthier, and happier and I've lost weight. Fantastic!"

If you would like to nominate anybody to have their success story put in the next issue, please let me know.

STAFF PROFILE – Michelle Halliburton

Hi all, I'm Michelle and work in the Sales and Marketing section of Complexions. Basically my role is to promote the benefits of Complexions and a healthy lifestyle to potential new members and keep current members informed on current events and activities. I am the newest member of staff here but feel very welcomed by both my work colleagues and Complexions members.

My background is that I have recently graduated from University of Wolverhampton on a BA Honors in Marketing, Media and Communications which lasted 3years. This is my second job in a gym and previously I have worked in customer services and the financial sector for over 10years. I'm 36years old (I know, I know I don't look it, or feel it) and I've got one 6year child who I've nicknamed 'Munchy' as he's always munching on something! As you get to know me you will find that I am a very open and friendly person and hope that you feel happy to speak to me whenever you see me in the gym.

That's enough about me, however I would like some feedback from members about this newsletter it's my first attempt of such an important publication and I'd like your ideas on things that you would like to read about in next months issue. Also let me know of anything you didn't like in this months issue.

YOGA - By Deon

To be submitted

UP AND COMING EVENTS

Check this section each month to find out the up and coming events and activities at Complexions health studio.

September

COLLAGENICS AT COMPLEXIONS -Collagenics are the nations leading specialists in medical cosmetic procedures and non-surgical aesthetic treatments. On the 26th September a qualified staff member will be conducting a demonstration here at Complexions. If you have ever considered whether it is Botox type injections, skin peels or lip enhancements, you are invited to come and see the demo and ask those niggling questions

October

Coffee Mornings *October sees the launch of the Complexions Coffee Mornings. The Event has been co-ordinated by Amy and*

Tree-athlon. *There is a sponsored 5K run taking place on the 14th October 2006 at Cannock Chase Forest on behalf of 'Trees for Cities'. This is the second event of this type and aims to raise enough money to plant 20,000 trees in urban spaces that need greening in London and the Midlands.*

Several members of staff including Michelle and Amy have registered for this and welcome any members who wish to run with them. For further details see the posters of on the notice board, pick up a leaflet at the reception desk or log on to www.tree-athlon.org.

Crystal Workshop

Two crystal introduction workshops were organized for members during August and were a great success.

Alison presented us with some beautiful crystals she had brought along to the morning and evening events, and explained the history and formation of crystals and gemstones. Everyone that attended then went on to practise the art of meditating using crystals, followed by a practical session on how to use a dowser to heal energy fields in the body known as chakras.

A member commented "The workshop was so interesting and enlightening, it has inspired me to buy my first crystals and a copy of Alison's suggested reading material."

We will be bringing another Crystal Workshop to Complexions members very soon.

Table of contents

Staff run marathon

Staff Promotions

Success story

Staff Profile – Michelle

Yoga – By Deon

Crystal Workshop

Beauty Salon News - Special Offers

Up- coming events -

September – Collagenics

October – Tree athalon
Coffee Morning

November - Health month
Classes to be opened to General Public £3.50