

## WINTER WARMER SPECIAL

Book a one-and-a-half hour Declor Aroma massage incorporating Shiatsu and Thai movements and receive with our compliments a relaxing scalp massage. All performed with a warm Aroma balm of your choice. All this for the winter warming special rate of £40.

# You need resolve. Not just a resolution.

Leanne Phillipson tells *Crawford Mack* how the team at Oakhill Academy can help you to keep your promises

Ok, here we go again. A new year and more resolutions to make. And probably more excuses for not keeping them.

Every year, people make New Year's resolutions. And guess what, they don't change that much with weight loss tending to top the list and with the desire to get fit right on its heels. This is popular with people whether they are overweight or not. Exercise is something that is good for the body, but people tend to not make time for getting fit and exercising. But it's a case of mind (and motivation) over matter in both instances to keep on track.

This time round however you could have the support to help you keep your promises to yourself well beyond the first couple of weeks in January. And just imagine how good that would feel when all your friends and peers have dropped out of their resolutions and you've still got that resolve.

But the start of a new year doesn't necessarily mean that we have to punish ourselves with intense fitness regimes and crazy fad dieting. Why should we completely stop eating and drinking the foods we love?

Instead of shocking your mind and body with drastic measures, Leanne Phillipson of Oakhill Academy recommends introducing little positive changes to your lifestyle and having some you time every once in a blue moon.

"Your body is like a machine, each part works in harmony with each other, providing it is maintained. As soon as we start to

neglect ourselves we start to shut down, we become weak and get emotionally drained. Oakhill Gym and Spa is the perfect tool that you can use to maintain your body."

The gym at Oakhill Academy is a perfect place to exercise sensibly and to lose weight safely. Their friendly, professional team will be on hand to help you develop your own programme to meet your fitness and wellness goals from weight management to athletic prowess. After an initial wellness assessment, your dedicated fitness instructor will design a detailed, tailored programme and will be on hand to help and support as you put that programme into action

And to make you feel even better you can take advantage of three of the region's top holistic and beauty therapists at the Spa at Oakhill, as you may have seen in previous editions of this magazine. They are on hand to give you skincare advice and to tailor-make any treatment to suit your personal needs.

So this year make your resolution a reality at Oakhill Academy.

*Leanne Phillipson, Manager*

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