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Spring Newsletter



Hydrotherapy Discount

Splash out on our April hydrotherapy pool offer! £5 off bookings between 07:00 and 09:00 Mondays to Fridays throughout the month, subject to availability

Happy Easter Prize Draw

Thanks to everyone who entered our 'Happy Easter' prize draw email. We're delighted to announce that Ali Holmes, Inge Krukke and Rose Martin were the lucky winners! Look out for more giveaways in May.

Boot Camp

It's back! Hereford's original and best Boot Camp kick started this week 09 – 13 April 18:00 – 19:00. Including a wide range of indoor and outdoor activities to get involved in! Our next Boot Camp is 21 May - 25 May



Come and work for us! RNC currently has the following vacancies:

- **Assistant Manager – Business Health & Fitness:** 37 hours per week
Starting at £24,173 per annum
- **Residential Support Officer:** 37 hours per week
£17,535 – £18,423

For application forms and supporting information please visit www.rncb.ac.uk e-mail hr@rncb.ac.uk or telephone HR recruitment 01432 376380 with your full details.

Closing date for all vacancies: Friday 13 April at 5pm.

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Leah's Spring Fitness Tips

Spring is a great time of year to start training, whether just starting out on your fitness journey or a gym user for years, here's a few tips to make sure you keep on the right track.

1. Don't weigh yourself everyday - It's great to have goals but expecting overnight success is not going to get you in the right mind-set. Focus on the positives (how you feel, better sleep, lifting heavier etc) and let those weight goals take care of themselves.
2. Set your goals realistically – Telling yourself you're heading to the gym 5 times a week might be unrealistic, if you miss a workout don't beat yourself up about it! As long as you stay true to your aims you will achieve results.
3. Quality over quantity – Don't over train, it can lead to fatigue and lower your motivation which can end you up in a vicious cycle. Allowing your body to recover and train consistently will get you where you want to be.
4. Fitness in the kitchen – Fuel your body and help your recovery by eating whole foods and checking your portion size. Eighty percent of maintaining the body you want comes down to what you eat not how hard you train.
5. Bring balance your training – I strongly recommend both weight and cardio training to some degree for a balanced workout. Just hitting it hard on the treadmill or only bench pressing your max rep won't give you total body changes. I often get asked what is better and there is a simple answer – BOTH!
6. Make your healthy lifestyle fun! Train with friends, get creative with food and make sure you get that balance where you live your life as well.



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Ex-student success at Paralympics

Former student Menna Fitzpatrick (studied at RNC 2014-15) and guide Jen Kehoe won gold in the women's visually-impaired slalom at the Winter Paralympics in Pyeongchang. The pair had already won two silvers and a bronze. Many congratulations from us all!

Blinding Art Exhibition Rescheduled

RNC are hosting Lenny Jordan's Blinding Art exhibition this month at Gardner Hall. The works are being displayed for public viewing Saturday 28 April between 2pm – 5pm. Lenny will be in attendance to answer any questions about his fabulous art work and the process he uses.

GB Blind Football Prepare for World Championships

The GB Blind football team have just returned from a trip to Japan in preparation for the World Championships which take place in June, in Madrid. Currently ranked 12th in the world, here are some facts you may not know:

- The team was founded by Tony Larkin OBE, here at RNC.
- They entered their first World Championships in Brazil in 1998 and finished fifth.
- They hosted the international competition in 2010 finishing fourth and therefore qualifying for London 2012.
- Competing as England, the team achieved qualification for Madrid 2018 after sealing bronze at the Berlin 2017 Europeans. They lost to Spain 2-1 on penalties in the semi-finals but then defeated France 2-0 in the bronze medal match.
- One to watch - Dan English. His physical presence makes him an asset both in defence and attack, which he displayed at Berlin 2017 with five spectacular goals.

The 2018 IBSA Blind Football World Championships will be held in Madrid from 7-17 June and will feature 16 of the world's best teams. As well as the title on offer, the competition is also an important step on the road to the Tokyo 2020 Paralympics.

As always, the staff of thePoint4 would like to thank all of our customers for your continued support. If you would like to get in touch with us about any of the items in this newsletter or for any other information or queries please email enquiries@ncb.ac.uk or call on 01432 376 376.