



## ***The Gym for Women***

### **Porirua Configure Express – new management**

Porirua Configure Express is making some new & exciting changes. We would like to introduce Debbie Mair, ex Army and Police Physical Training Instructor who takes over the management of the Porirua Configure Porirua express gym from Tuesday 9<sup>th</sup> February 2016. Debbie specializes in musculoskeletal, sports and functional testing with a particular interest in education, prevention and management of problems using a multidisciplinary approach. She works closely with other sports professionals, and has formed strong working relationships with medical and other health professionals, sporting bodies and coaches. I want to bring a quality of service and expertise to our members to inspire success in their wellness/fitness goals. We are here to help, train & educate to inspire women.

Debbie brings with her Sian Law a local, elite athlete. Sian says, I'm really excited about the opportunity to join the Porirua Configure Express Team. I've been a full time mum of two little boys for the past three years so really looking forward to getting back into fitness and helping others in the same situation. I have known and worked with Deb for the past 15 years.

Sian, says "Sport has always been a big part of my life especially Olympic Freestyle Wrestling which has been my passion for over 20 years. Not only have I had great success competing but also coaching at all levels. I have won numerous New Zealand titles as well as a number of Oceania gold's. I competed at Junior and Senior Worlds and the 2010 Commonwealth Games in India".

Also working in partnership with Deb at the gym, will be Carol Green who owns Prozone Nutrition for Life. Using the Prozone program

and our unique BlockBuilder system offering a no gimmicks approach to Zone Nutrition, guiding you with an eating plan based on the facts about food and how it affects our health, weight and wellbeing.

Carol is a leading nutrition educator who is creating a greater awareness of the need for better health and teaching people how to achieve it by showing how healthy eating can make a dramatic lifestyle change for her clients.

Her programme has worked wonders for thousand of others – so why shouldn't it work for you? Carol will be offering a weekly menu plan to all members to help kick start your new year goals with options for one on one consultations. Carol will be available at the gym on Wednesday 24<sup>th</sup> February from 5-7pm to show you how to eat your way to better health.

Configure Porirua is going to be the place to be, for women who want results. Call us for more information 04 237 8870 and let's talk about the best option to meet your wellness needs!