

www.reallyhelpfulclub.com



The Really Helpful Club



SHARE • DISCOVER • CONNECT

RHC: Marathon Inspiration - sprinting into action



Hello from the [Really Helpful Club](#), an online network for our members to share, discover and connect

Many of us will have been inspired by the London Marathon last weekend and want to get out, enjoy the outdoors and Spring weather and achieve our own fitness goals . The London Marathon is the largest single fund raising event in the world and has continued to set new records this year with over 40,000 runners taking part, 250,000 applicants and over Â£833m raised for charities so far. With 2,285 accountants taking part they accounted (!) for the largest single profession running! With 65 years separating the youngest and oldest competitors, it's a truly humbling and fantastic event to be celebrated by everyone.



If this has spurred you on to get more active then take a look at our [Directory of recommended health and fitness companies](#) to help you get going. From running clubs, gyms and personal trainers to yoga and health coaches, guided cycle riding, nutritional therapists and lots more we have something for everyone.

[Sign up for the Richmond Half Marathon on 17th September and support The Victoria Foundation](#)

[Get clean. Spring Clean](#) with Marcelle Dubruel at the Gooseberry Bush

Don't forget to follow us on Instagram, Twitter and Facebook for updates on our events

Sarah



JOIN A RUNNING CLUB

Whether you are a social runner, or someone who takes running more seriously, Common Runners is a great place to start. Run by England Athletics Run Leader Caroline Dunleavy, Common Runners offers day-time, women-only running courses for beginners and improvers. The classes are small, friendly and for all ages and abilities.

Anna Desogus Health Coaching for an integrated and holistic approach to boosting your health and fitness. offering programmes which are focused on creating sustainable habits looking at diet, eating habits, physical activity, work life balance, stress management and more. Anna also has a regular running club in Wimbledon and is starting up a walking group.



JOIN A GYM OR FIND A PERSONAL TRAINER - SPECIALISTS IN THEIR FIELD AND HIGHLY RECOMMENDED

Blitz Fitness Outdoor fitness training in East Sheen in all weathers for all levels. Based around high intensity interval and strength training. Sign up to Lara and Keren's bikini blitz in Richmond Park starting on 22nd June at 9.45am and costing Â£5 per session.

HA Fitness for outdoor classes, Buggyfit postnatal classes, Bootcamps and personal training in Wimbledon. Join their 6 week Body Blitz Challenge

121 Fitness with Rachel Law , an experienced female friendly personal trainer. Rachel specialises in pregnancy and post natal fitness and pelvic floor exercise 'I really enjoy my weekly sessions and feel much fitter than I did a year ago'

fit8 provide diagnosis, physiotherapy and progressive rehabilitation combined with prescriptive exercise to clients suffering, recovering from or living with sports injury, back and neck pain, pre and post-op conditions, degenerative and neurological conditions.



GET OUT ON OUR BIKE / DISCOVER YOGA /

Bespoke Velo for those who want to eat cake and drink coffee while developing your cycling skills! Enjoy guided cycle rides around the Surrey hills and discover fabulous cycling holidays with everything you could need already planned and taken care of.

Discover So Yoga run by Francesca Kastelinades offering 1:1 yoga sessions to adults and children and also organising yoga retreats for adults abroad and in the UK. Next retreat in September 2017 Cyprus for Adults only.

RECOMMENDING...

Lose weight that stays off
Get your body back workshop
Brilliant mixed running group
Osteopath for sports injuries
Improved health with aloe vera
Help when under pressure

RECOMMENDING...

Women's Health at White Hart Clinic, Barnes
Yoga retreats
Clapham Family osteopath Julia Finlay
Olivia Parry for weight loss and healthy living
Psychotherapy and counselling
Arbonne skincare

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