

Beat the January blues and join us for some fresh air therapy

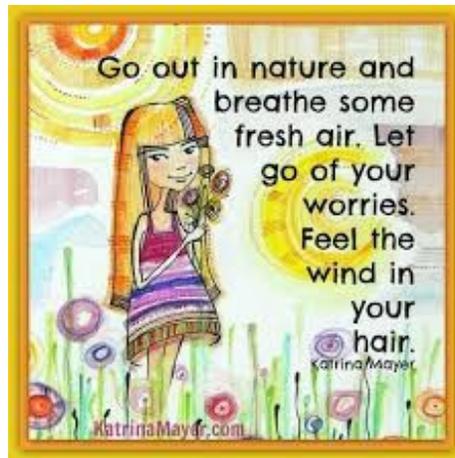
Forget The Gym.ie

Beating Blue Monday

Hello,

Today the media is quick to remind us that it is 'officially' the most depressing day of the year. Being a dark Monday, not close enough to pay day and no sign of sunshine on the horizon, it's no wonder so many of us are still hibernating.

You are not going to start feeling any better feeling sorry for yourself sitting on the couch eating comfort food. You have to make the effort to get up and get out. Fresh air therapy is the way to go. You don't need to run or exert yourself, just start by getting out for an easy walk this evening and notice how much more energy you have when you come home.



No one is going to make you go, you have to decide to do it for yourself. Go on....

Our January Plans

Classes

We are back with a brand new term of classes. It's not too late to join - check out the [timetable](#).

Events and Workshops

We have something on every weekend for the next 4 weekends to keep you motivated:

Sat 23rd Jan : [Chirunning in the Park \(Raheny\)](#)

Fri 29th Jan : [First Half Marathon Workshop](#)

Sun 7th Feb : Running Sunday - Ladies Day (details on FB this Wed)

Sat 13th Feb : [Chirunning in the Park \(Malahide\)](#)

Sun 14th Feb : [Run+Cook Sunday Brunch](#)

Congratulations Leonie

Leonie Vesey is the winner of our December Competition and is now enjoying €140 worth of FREE Classes this Spring.



Getting Motivated

It is hard to get going again. Try and start by run/walking if it has been a while since you have been running. It will come back to you gradually. As you all know the hardest bit is to get out the door. Do that, and a whole world awaits.



January Challenge



The poster features the 'Forget The Gym' logo in the top left corner, which includes a stylized figure in red and green. The main title 'Join our January Challenge' is written in a blue, cursive font. Below the title, there are two lines of text: 'Pick your exercise from the selection below or choose all 5 exercises' and '1 Minute a day of each exercise you select – that's all we ask you to do'. A central grid contains five columns, each with a header and a corresponding photograph of people performing the exercise: Plank, Side Plank, Push up, Triceps Dip, and Lunge. At the bottom of the poster, a blue box contains the following text: 'We recommend you start with 1 minute a day if you are new to the challenge. Each day we will post a reminder and tips and videos to help with the exercises. If you are more experienced, feel free to start out with our 5 minute routine'.

Join our January Challenge

Pick your exercise from the selection below or choose all 5 exercises

1 Minute a day of each exercise you select – that's all we ask you to do

Plank	Side Plank	Push up	Triceps Dip	Lunge
				

We recommend you start with 1 minute a day if you are new to the challenge. Each day we will post a reminder and tips and videos to help with the exercises. If you are more experienced, feel free to start out with our 5 minute routine

No matter where you live around the world, you can join our Facebook Challenge. This January to get you all moving again with our daily challenge. Sign up and help yourself get stronger this 2016. [Join the challenge](#)

Our Pocket Plank Calendar

To help keep you on track in 2016, we have a special **gift for you** all - **Our Pocket Plank Calendar**. Contact [Mary](#) if you would like one sent out to you.



In the Press

The Irish Times have relaunched [Mary's Get Running programmes](#). Keep an eye out in the paper this January for all the details. Choose from Beginners Running, Lapsed Runners and 10k guided training videos and programmes. Mary will continue writing for The Irish Times all Spring.





Make this your year

Decide to make 2016 the year you stick to your running goals. We are here to help you. We have lots more plans for the Spring and beyond, but it all comes down to getting started. So get out there and we hope to see you in 2016 for a fun year of fresh air, running and fun.

Mary, Aoife, Anne and Lorraine xxxx

**NO MORE NEGATIVE BODY THOUGHTS.
NO MORE "I'LL DO IT TOMORROW"
NO MORE SITTING AND WISHING FOR A THINNER ME.
NO MORE EATING WHEN I AM NOT HUNGRY.
NO MORE WAITING FOR THIS TO GET EASIER.
NO MORE MUFFIN TOPS.
NO MORE WOBBLY THIGHS.
NO MORE SOFT, ROUND STOMACHE.
NO MORE 'BUTS...'
NO MORE 'I CAN'T'
NO MORE 'IT'S TOO HARD'
NO MORE 'I'M TOO TIRED'**

NO MORE EXCUSES.

ForgetTheGym | 086 2391987 | ForgetTheGym.ie

STAY CONNECTED:

