

# Free personal training at Body Limits

If you are looking for a friendly gym, there's never been a better time to join Body Limits.....

**G**oing to the gym can be a daunting prospect for many of us.

Making a fool of yourself on the equipment, not knowing how to use it, getting sweaty in front of strangers...why put yourself through this torture? Simple: no pain, no gain.

At Body Limits in Newport Pagnell things are different. Founded in 1993 by Mark Booth, osteopath and sports injury specialist, Body Limits has extensive experience in sports injury, sports massage and osteopathy. A team of experts help and advise and make sure you'll never feel like a novice.

Making sure you're the best you can be isn't just about putting yourself through rigorous training regimes, there's plenty of room for treats that will make you feel better too. Male and female therapists are skilled in, amongst others, massage, acupuncture,

reflexology and chiropody. Whether it's your feet that need a treat or your back that needs a massage, Body Limits offer the best service.

Foot health specialist, Pam Harbord, is devoted to caring for the part of the body most of us ignore. She offers a range of treatments from hard skin removal right through to diabetic foot care.

A small and friendly person centred gym with 15 years of experience, what more could you ask for? Well, how about a great joining offer? Up to the beginning of March, Body Limits are offering a special 6 month gym membership deal. You will receive six free one to one personal training sessions (worth £150 alone!), nutritional advice, a 30 minute massage and a towel and water bottle all for just £180.

For more information and to take up this great offer contact Body Limits on 01908 615045 or email [body.limits@talk21.com](mailto:body.limits@talk21.com)



established  
in  
Newport Pagnell  
for  
**15**  
years

**BODY**  
**LIMITS**  
CLINIC & GYMNASIUM



- PHYSIOTHERAPY
- ACUPUNCTURE
- ORTHOTICS
- SATURDAY APPOINTMENTS
- OSTEOPATHY
- MASSAGE
- FULL GYM FACILITIES
- REHABILITATION GYM
- CHIROPODY
- REFLEXOLOGY
- SPORTS MASSAGE
- SPECIALISTS IN
- ALL INSURANCES ACCEPTED
- SPORTS THERAPY
- SPORTS INJURIES



MALE & FEMALE THERAPISTS  
**01908 615045**

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