



NEWSLETTER



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We are excited to offer our new re-designed Corporate Well-being Solutions. All workplaces need a little helping hand when it comes to team performance and well-being. That's why we offer our Corporate Well-being Solutions. They are the perfect opportunity to do something with your colleagues in a fun supportive environment. Click [here](#) for more information.



CORPORATE WELL-BEING

UPCOMING EVENTS

11TH MAY

- Jen's Farewell from Koha
- 2-4pm, Saturday 11th May at the Kaiser Brew Garden, level 1 Riverside Market. Please RSVP at the front desk or click [here](#).

12TH MAY

- Don't forget your Mum this Mother's Day.

20TH MAY

- Boost Your Fitness and your Motivation! new workout resources available.

3RD JUNE

- Kings Birthday - No classes & 24/7 access only.

24TH - 28TH JUNE

- To celebrate Matariki, Posh Porridge is returning to warm you up.

28TH JUNE

- Matariki - No classes & 24/7 access only.



**WORKOUT
RESOURCES
AVAILABLE**



It's getting colder and darker in the mornings. As we move indoors you might find your motivation to exercise dips, or it might seem harder to find the time... We want to give you a helping hand. From Monday 20th May we will have a variety of simple yet effective 20-30 minute workouts available from the front desk.

THRIVING THROUGH WINTER

Essential Tips for Staying Fit and Healthy as Winter Approaches

By LARAROSE CLEMENT

As the temperature drops and the days grow shorter, maintaining your fitness routine can become more challenging, this combination can really affect physical and mental well-being. It is more important than ever as the days get darker and colder to keep active and focused on the activities that support health and well-being. With some simple strategies you can keep on track with your wellness goals, and boost overall mental wellness throughout the winter months. These strategies will help you embrace the chill and stay active and healthy this winter.

Indoor Workouts: Make the most of the indoor facilities at Koha. From group fitness classes to strength training and cardio equipment, we offer a variety of options to keep your workouts interesting

Switch It Up: It is easy to get stuck in a rut when working out. Now is the perfect time to try out a new fitness activity or class.

Stay Hydrated: Even though you might not feel as thirsty in the cold weather, it's still essential to stay hydrated, especially during and after your workouts.

Focus on Nutrition: There is a real temptation to indulge in comfort foods during the winter months. Put some time and attention on maintaining a balanced and nutritious diet.

Set Realistic Goals: Instead of focusing solely on weight loss or muscle gain that often take priority during the summer season, set realistic and achievable goals that align with your overall health and wellness.

EXPERT ADVICE

The small daily wellness activities, practiced consistently will make huge difference to physical and mental wellbeing

Prioritise Recovery: Don't overlook the importance of rest and recovery. Make sure to get an adequate amount of sleep and consider incorporating activities like stretching, foam rolling, or yoga into your routine.

Stay Connected: Lastly, don't forget about the power of community and support. Whether it's attending group fitness classes, trying a new activity or simply checking in with a workout buddy, staying connected with others helps to boost happiness and increase motivation to stick to wellness goals.

At Koha Fitness, we're here to support you on your wellness journey, no matter the season. If you need some extra support or motivation don't hesitate to chat to us.

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