



Newsletter: June/July 2010

Fitness Festival & Workforce Update

Could the UK be in for a BBQ summer this year? Summer 2010 looks set to be warmer than average and have good spells of sunshine, according to Positive Weather Solutions (PWS).

June, July, and August will all experience warmer-than-average temperatures, with some rain towards the end of June and the beginning of July, and thunderstorms caused by the humidity, but there may be record temperatures in the last part of summer.

Jonathan Powell, Senior Forecaster at PWS, told the Daily Mail: "There will be stifling temperatures, making it possibly the warmest UK summer on record and placing it at least in the top three warmest summers recorded."

Last year, the Met Office was much-vilified for predicting a "BBQ summer" when in fact it was a wash-out. Temperatures had expected to be around, or above, 30°C, and heat wave advice was issued, however rainfall was higher than average over the summer, particularly in August, and the Met Office was forced to revise its forecast.

Powell added: "A very warm summer has been on the cards for some years, and the Met Office believed it was likely to happen last year. But now it is time to get the barbecue out" and people should be able to find a good deal on one after last year's Met Office forecast."



"I'm sure we all become more aware of our health and physiques during the summer months. Active Workforce offers the opportunity to not only partake in a reduced rate membership that will save you £132 over the 6 month duration of the scheme but also offers the support and guidance to allow all on the scheme to feel they are getting the best support possible to achieve their individual goals.

The reduced rate membership is only valid to employees. Currently Fylde Coast YMCA are offering a "Fitness Festival" promotion. Please see the next page for further details. This will be a great opportunity for your husband; wife; partner; family member or friend to join which will not only give you motivation to train but also allows you to train with a partner.

14 June to 20 June is National Men's Health Week so please keep your eyes open for further emails; project launch dates and information regarding your health and safety.



summer fitness festival 2010

**GRAB your
backstage pass!**

**2 months
full unrestricted access to:
6 Gyms, 4 Pools, Fitness Classes, Racquet Sports,
Weights Areas and much more across the Fylde Coast!**

All for just £50*

Offer available 1st June - 31st July 2010

No strings, no contract, no commitment

***£40 for students (on production of Student ID)**

See below for details of participating centres

Visit our website: www.fyldecoastymca.org

Join us on Twitter: www.twitter.com/FCYMCA

Fleetwood YMCA
The Esplanade, 01253 771505

Poulton YMCA
Breck Road, 01253 891829

Lytham YMCA
Mythop Road, 01253 739166

Thornton YMCA
Victoria Road East, 01253 824108

St Annes YMCA
St Albans Road, 01253 724117

Garstang YMCA
Windsor Road, 01995 605410

Garstang YMCA Swimming Centre
Oak Road, 01995 604940

Rural Splash YMCA
Station Road, Kirkham, 01772 682989





June is Men's Health Month!

Research shows that:

- ✍ Men do not see physicians for a physical exam nearly as often as women
- ✍ Men are dying of the top causes of death at higher rates than women
- ✍ Men are more likely to be uninsured than women
- ✍ Approximately 30,000 men in the US die each year from prostate cancer

The Goal of Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Alarming statistics show that men's health is at great risk. On average, men die almost 6 years younger than women and suffer higher mortality rates for the top causes of death. The lives of hundreds of thousands of men will continue to be threatened unless immediate action is taken to combat this growing crisis.



Men's Health Network

Men's Health Network (MHN) is a non-profit educational organization made up of physicians, researchers, public health workers, individuals and other health professionals.

MHN was founded in 1992 by a group of health professionals and key thought leaders interested in improving the health and well-being of men, boys and families.

Want some interesting and fun things to do during Men's Health Month?
 Visit us at: www.menshealthmonth.org

For anything further questions or queries please contact:

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