



Exercise: are you giving the right advice?

4th June 2015, 6pm

LAX Aldgate, St. Botolph Building, 141 Houndsditch, London EC3A 7DH
(Nearest tube is Aldgate, Aldgate East)

When it comes to exercise we know you can talk the talk but can you walk the walk? Come and discover just how fit you are and find out what the experts say about the latest trends, myths and everything you *really* need to know about food, fitness and exercise.

OUR PANEL INCLUDES:

Sarah Russell, is an experienced runner and founder of one of Run England's most successful running groups (*Sarah's Runners* based in Tunbridge Wells). Sarah has an MSc in Sports Science from Brunel University and is a qualified UK Athletics Coach as well as a trained Biomechanics coach. Her experience covers corporate fitness and cardiac rehabilitation and she has a strong interest in injury prevention and rehabilitation. Sarah is the Consultant Editor of Running Fitness magazine and has 22 years' experience in the industry.

Anita Bean is a registered nutritionist specialising in sport and exercise nutrition and the author of over 25 books, including the best-selling '*The Complete Guide to Sports Nutrition*' (now in its 7th edition). She's a former British body-building champion, has a degree in Nutrition and Food Science from Surrey University and has run her own nutrition and fitness consultancy since 1990. The theme of her talk is Food for Fitness, which will debunk popular nutritional myths as well as giving plenty of evidence-based advice for anyone who exercises.

Sammy Margo has been a physiotherapist for more than 15 years and runs her own clinic, Sammy Margo Physiotherapy. She trained at West Middlesex University Hospital and is also a qualified Pilate's instructor and incorporates this approach into her physiotherapy treatments. Sammy is a spokesperson for the Society of Chartered Physiotherapists, a regular contributor to BBC Radio 2's Jeremy Vine show and the author of *The Good Sleep Guide*. She'll be focusing on our muscles – how they change throughout our lives and what we can do to keep them healthy.

TICKETS: £12.50 (Guild Members), £18.50 (Non-Members)

DON'T MISS OUT – SEE ATTACHED REPLY SLIP FOR DETAILS



The Guild of Health Writers thanks **LAX** for the generous sponsorship of this event and would like to state that this is an independent event. In accordance with its objectives, the Guild aims to provide a balanced, non-partisan forum for discussion and does not endorse any commercial products or systems.



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Reply from:
(Please print clearly)

Name:

Address:

E-mail:

Tel:

Guest Name:

I would like to confirm my booking for the Guild of Health Writers the above event to be held on 4th June 2015.

Tickets:

Guild Members	£12.50	
Non-members	£18.50	

Please find enclosed my cheque for _____, made payable to the Guild of Health Writers.

If you would like to make a BACS payment for your ticket(s) please contact the Guild office for our bank details.

Please return this form, together with your cheque, to the Guild office by 1st June 2015

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