

Lions are the new pigs!

You all remember the pigs that were on display throughout Bath last year. Well, in 2010 a giant pride of 100 majestic, life-size lion sculptures will be taking up residence on the streets of Bath from May to September, bringing vibrant contemporary public art to the city once again.

Wendy Learoyd from Zest Concierge was project administrator for the King Bladud's Pigs event and is very excited about being part of the team for the Lions of Bath. She explains: "King Bladud's Pigs was such an amazing project to work on so I was thrilled when I was asked to join Megan Witty and Sue Yates-Price to be on the Lions of Bath team."



Wendy and her team, newly-appointed Managing Partner Emma Noad, Mandy Small and Ami Marshall are all working hard on the project, from getting artists involved in the decoration of the lions to contacting local businesses and individuals to sponsor these beautiful creatures.

If you are interested in being part of the project, either as artist or sponsor, please contact Wendy or the team: t: 07976 168652 / 01225 808958, e: info@zestconcierge.com, www.zestconcierge.com / www.lionsofbath.com

Walk fit, walk firm and walk off weight!

Walking is something that you can do at any age, or stage of life. It is easily integrated into your daily routine so you're more likely to enjoy it and do it regularly.

Whether you want to tone up, manage your weight or improve your fitness – it all starts with walking with the right technique and pace, which not only has an immediate benefit to how you look, but can reduce pressure on joints, improve your shape, your posture and best of all, you can get amazing results in less time!

I am working with the UK's leading fitness expert Joanna Hall and am excited to see some fantastic results in Bath. Our Walk Fit course, held last Autumn was a great success! All participants saw significant improvements in the way they walk and achieved a real increase in their fitness and lost inches.

"I have been so thrilled with the results and fully intend to KEEP WALKING!" Alice Ellis, Chairman of BBWA.

Our monthly 7km Walk Time Trials are a great workout to test your stamina and technique, as well as giving you motivation to achieve your goals and provide you with a regular contact point to help keep you on track.

The next walk will be on Sunday 31 January, meeting on the canal path by The George Pub, Bathampton at 10:10am for a 10:30am start. You will be finished by 11am so can reward yourself with a steaming hot coffee in the George afterwards!



I will also be running a **Walk Off Weight Walking Course** in Royal Victoria Park, Bath starting on 7 February 2010. This is a highly effective 28-day walking course that gets weight and inches off. We meet twice weekly for fun walking sessions with easy and effective homework tasks and eating plans. This course is suitable for anyone of all shapes and sizes, and levels of ability, and gives you the support you need to see real body shape changes. On average, participants lose 10lbs, 10 inches off their bodies and increase their fitness levels by 25%.

For more information, please give Zoë a call on 07800 953799 or email life@plan-be.co.uk. Or why not ask Alice Ellis for her first-hand account of how Walk Active has worked for her!

2010 dates for your diary For more information please see www.bbwa.biz

Date	Event	Time	Venue	Cost (M/G)	Contact
20 January	Networking Evening	6pm – 8pm	LK Bennett	£10/£15	Sarah Ryder
24 February	Fizz, Tea & Cakes Networking	6pm – 8pm	1 Queen Square	FOC	Sarah Ryder
26 March	AGM	12 noon – 2pm	MacDonald Bath Spa Hotel	tbc	Bev Lee
3 December	BBWA Women in Business Awards	12 noon – 3.30pm	tbc	tbc	Julie Cooper