

# Get fit in your own home with the Irvine Herald!

## TOP TRAINERS:

Instructors Louie Fecou and Rhona MacGregor will be sharing exercises for you to build up your own workout in the comfort of your own home.

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By Lorraine Howard

**MEET Louie Fecou and Rhona MacGregor – two fitness instructors who are hoping to get our readers fit before the end of the year.**

Louie, who has more than 20 years' experience of fitness training, believes it is easy to take 10 minutes out of your day in your own home.

He runs The Studio in Saltcoats and teaches Zumba, Tabata and aerobics in Irvine, Stevenston, Saltcoats, Kilbirnie, Largs and West Kilbride.

But he is an instructor who believes you can bring the exercises he uses in The Studio into your own home without having to join a gym.

"I want to show people that they can work out in their own homes," said Louie.

"Over the next few weeks we will be showing people who want to get a bit fitter that they can do so.

"Times are hard and people are watching every penny so we wanted to come up with simple exercises for people to try at home.

"All they will need is a couple of bottles of water or a couple of tins to use as weights.

"And believe me, their fitness levels will improve as the time goes on."

Joining Louie on his keep fit quest is Kilwinning trainer Rhona MacGregor.

Together, they ran a beach boot camp for people who wanted to get into shape and both of them believe in keeping costs down to train.

Rhona graduated from Glasgow University with a degree in physiology and knew fitness training was the career path she wanted to pursue.

The 26-year-old is now a personal trainer and instructor who wants to see results from her clients.

"Louie and I talked about this and we agreed that there are simple, basic training techniques that can work at home," said Rhona.

"A lot of the people I train are busy and want to do a workout at home too – these simple exercises will offer a good workout in your living room.

"I'm looking forward to reaching a lot of people and hope that we can help them reach a great level of fitness.

"We will be working on every muscle group from press-ups and sit-ups to crunches and planks."

Each week they will be sharing exercises for you to build up your own workout in the comfort of your own home.

And each week the coaches will be answering any fitness queries you may have.

Write in to the Irvine Herald with your fitness questions or email [lhoward@s-un.co.uk](mailto:lhoward@s-un.co.uk).

## Advertising Feature

### New Costley shop is a real treat

YOU may have noticed a new shop in Prestwick these days.

Painted in a fresh spring green, it's the latest venture for Bill Costley and is the showcase for all the artisan products from his factory in Kirkoswald.

Delicious ice cream in a huge array of flavours, beautiful handmade chocolates, cakes, patisseries and, of course, savoury ready meals make this a delightful destination.

Bill's been a chef since he was 15 and although his first choice of career was in art he had a natural aptitude for cooking.

He was fortunate to go to the renowned Le Notre pastry school in France where he learned the fine art of sugar work.

Over the years he won many awards at Salon Culinaires in the UK including gold medals and Table d'honneur in London and represented Great Britain in the food Olympics in Frankfurt and Singapore.

He was also the first British chef to win a gold medal in an



**TASTE DELIGHT:** Executive pastry chef Bruce Boyd joins Alexandra Leckie (sales) and manager Sharon Weir in showing off some of the gorgeous range of food.

international exhibition.

Since then Bill has realised his dream of owning a restaurant or hotel, as we in Ayrshire all know of Costley and Costley Hoteliers who employ over 350 people.

Bill is proud of his team of professional chefs who are the finest in Scotland.

This latest venture of the Costley empire, which has just opened in Prestwick, is a personal delight to Bill and his wife

Cath as they regard Prestwick as their home town where they lived and brought up their two boys.

They hope you will come and see the new shop soon and try your favourite flavour of ice cream.

Everything is made with only the finest ingredients and by using the best, the taste is intense, smooth and slightly decadent.

There are lots of treats for the children and interesting cooking related items too from jams and curds to tinned biscuits.

With Christmas approaching this will be one shop you must visit for a special treat or an unusual gift.

Our popular gift vouchers can be purchased here and are redeemable in any of the Costley establishments which are Lochgreen House, Highgrove House, Brig o'Doon, Cochrane Inn, Souter Johnnie's, Peggy's Tearoom, Beresford Wine Bar, Ellisland and our shops and delicatessen.



## COSTLEYS

### ICE CREAM, CHOCOLATES & PASTRIES

Open seven days 10.00am - 9.00pm

PROMOTIONAL WEEKEND

Friday 19, Saturday 20, Sunday 21 August

Pastry demonstration

10% discount on all Ice Cream

Kids Balloons

Telephone (01292) 473773

[www.costley-hotels.co.uk](http://www.costley-hotels.co.uk)