



## Hey Lakeshore Fitness members

**March** – Spring is around the corner, a season of renewal, fresh energy, and new beginnings. Just like nature, it's the perfect time to refocus the routine, reset your goals, and build habits that help you grow stronger, fitter and more confident. Let's spring into action together.

### What's on in March?

#### [3<sup>rd</sup> World Wildlife Day](#)

Is celebrated every year on **3<sup>rd</sup> of March** to celebrate wild animals and plants and recognize the unique roles and contributions of wildlife to people and the planet.

#### [5<sup>th</sup> World Book Day](#)

Inspire kids with free activities, costume ideas, and reading fun for all ages.

#### [8<sup>th</sup> International Women's Day](#)

Is celebrated annually on **March 8<sup>th</sup>** to recognize the social, economic, cultural, and political achievements of women while promoting gender equality. **★FREE Women's Weight Loss Programme designed specifically to address these challenges. ★**

#### [13<sup>th</sup> World Sleep Day](#)

Is an annual, global awareness event held on the Friday before the March equinox (**March 13, 2026**) to highlight the critical importance of healthy sleep

#### [17<sup>th</sup> St Patrick's Day](#)

Held annually on **March 17**, is a global celebration of Irish culture, heritage, and the patron saint of Ireland

#### [20<sup>th</sup> Day of Happiness](#)

The International Day of Happiness is celebrated annually on **March 20**, established by the UN in 2012 to recognize happiness and well-being as universal goals.

### Other News

#### [Members of the month](#)

**Iain Huntingdon, Chris Wright** from Rightmove, **Glen Willis, Stephany Kau, Jenny Jones, Louise Petrie, Sophie Worswick** from Universal, **Alex Walsh** from Wates, **Danny Wright** estate manager, **Nicolas Shaw** and **Sam Tuffnell-Forest** for achieving 140 miles in five days and raising money for National CANCER prevention month in February and raising funds for Macmillan. Please get involved in future challenges. 

#### [Try before you buy](#)

Class passes are available for just £3 for 3 on your membership account. [New PT prices and packages](#) available now! For more information, email [manger@lakeshorefitness.co.uk](mailto:manger@lakeshorefitness.co.uk)

Thank you for part of the Lakeshore Fitness community. We look forward to seeing you in the gym this month.

David and Flo

If require any help contact David and Florina on [manger@lakeshorefitness.co.uk](mailto:manger@lakeshorefitness.co.uk)

Follow us on facebook: /LakeshoreFitnessCaldecotte



*Lakeshore  
Fitness*