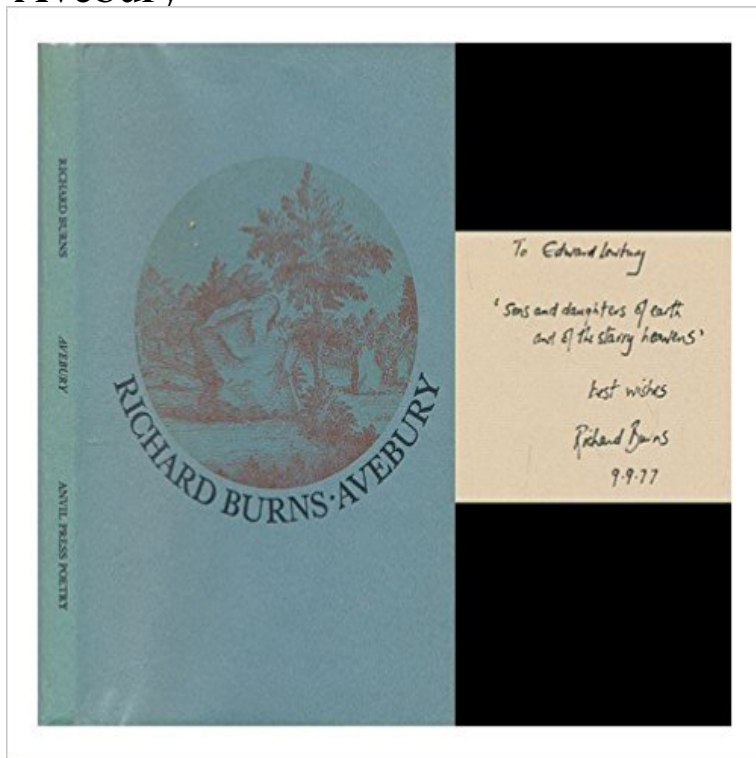


# Avebury



The great prehistoric stone circle at Avebury on Salisbury Plain provides the starting point and central image for a series of lyrical meditations, exploring modern mans difficult and painful search for a centre. Stone is the connecting principle, and humanitys roots are rediscovered in the modes of perception of earlier cultures.

Skip to content Fitness & Diet Experts Exercise & Nutrition Matters! Menu Home About Us Terms and Conditions Privacy Policy Contact Us Personal Trainers & Bodybuilding Choosing a Personal Trainer(Personal Trainers & Bodybuilding) Why a trainer might be appropriate for you Selecting a personal trainer may be a step in the direction that is right if you desire to lose weight, get healthy and/or build muscle. A great coach can assist you to set up a plan that meets your aims and educate you the greatest way to exercise. Finding and selecting a trainer may be daunting a bit confusing and, for some. It is challenging going in with extra information about how fitness works can allow it to be a little simpler, although requesting assistance. (Personal Trainers) What is a Personal Trainer? A personal trainer should be, at the very least, educated and certified through a recognised fitness organization (see below). This individual's job will be to assess your level of fitness, figure out what your aims are (or help you establish targets) create a plan and keep you motivated. She or he will push you beyond your comfort level — something tough to do by yourself. A trainer additionally provides:

1. Guidance on achieving your goals
2. Instruction about fundamental nutrition, cardio and bodybuilding
3. Each week a reason to appear at the gym
4. Accountability
5. Methods to assist monitor your improvement

What is a Program Like? Each session typically lasts about an hour. The first meeting is dedicated to assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how much weight to use and just how to do the exercises. What to try to find In a Personal Trainer

1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial.
2. CPR: your coach should have an updated qualification in CPR and/or firstaid.
3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area.
4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor.
5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say.
6. Attention: A good trainer should be targeted only during your sessions on you.
7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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Situated at the prehistoric monument of Avebury, the Alexander Keiller Museum houses one of the most important prehistoric archaeological collections in **Avebury - Wikipedia** The story of Avebury stone circle, near Marlborough, Wiltshire. History and visitor information. **Avebury Stone Circle - Britain Express** Find out all about the Avebury part of the World Heritage Site. **Avebury Henge - Avebury, England - Sacred Destinations** Avebury lies in the heart of the Wiltshire Downs just west of Marlborough the most ancient borough in England. Avebury stone circles are **Stones of England - Avebury stone circles and earthworks** Avebury is a Neolithic henge monument containing three stone circles, around the village of Avebury in Wiltshire, in southwest England. One of the best known **Henge benefits: why Bill Bryson is wrong about Avebury Art and** A brief description of Avebury Henge and Stone Circles, one of the largest, and undoubtedly the most complex, of Britains surviving Neolithic henge monuments. **West Kennet Avenue, Avebury English Heritage** The Wiltshire village of Avebury is home to the largest prehistoric stone circle in Britain and the most popular megalithic site after Stonehenge. Like its more **Avebury Stone Circle and Avebury Manor and Garden - Visit Wiltshire** Writer Bill Bryson has complained that he was fleeced at Avebury stone circle, shelling out ?32 in the famous Wiltshire village before he even **AVEBURY - The Mysterious Stone Circles - Wiltshire Guide** Avebury henge and stone circles are one of the greatest marvels of prehistoric Britain. Built and much altered during the Neolithic period, roughly between 2850 **Avebury Stone Circle And Henge, Wiltshire -** The circles, which may have been used for festivals or rituals, at West Kennet near Avebury are now believed to have been built in 3300BC. **avebury now** For anyone wishing to learn about Avebury from scratch the site is designed to be gone through in the order the menu is presented. Although some personal **none Avebury World Heritage site National Trust Avebury National Trust** Avebury Manor and Garden, and the Manor Tea-room will be closed during this period. However, the museum, shop and Circles Cafe are open as usual. Avebury Manor and Garden. **Images for Avebury** Book your tickets online for Avebury Stone Circle, Avebury: See 1616 reviews, articles, and 939 photos of Avebury Stone Circle, ranked No.1 on TripAdvisor **Avebury Stone Circle - TripAdvisor** Contained within a giant circular henge about 430 metres across, the site of Avebury rivals, and some would say surpasses Stonehenge for its sheer scale and **none History of Avebury Henge and Stone Circles English Heritage** The home page of the official website of Stonehenge & Avebury WHS (World Heritage Site). Find out how to enjoy and explore the World Heritage Site. **The Sanctuary, Avebury English Heritage** Avebury is the largest stone circle in the world: it is 427m (1401ft) in diameter covers an area of some 28 acres (11.5 ha). Although not so immediately **Avebury - Places of Peace and Power** Windmill Hill is a classic example of a Neolithic causewayed enclosure, with three concentric but intermittent ditches. Large quantities of animal bones found **Avebury, Wiltshire - Wikipedia** A brief history of Avebury Henge and Stone circles, one of the principal ceremonial sites of Neolithic Britain that we can visit today. **Alexander Keiller Museum, Avebury English Heritage** **The summer solstice at Avebury National Trust** Avebury is a village in Wiltshire, famous for its neolithic stone circle. Understand[edit]. The henge and the stone circles are thought to date from about 2500 BC to **Description of Avebury Henge and Stone Circles English Heritage** The television series The Manor Reborn, which aired in December 2011, showed how nine of Avebury Manors rooms and part of the garden were redecorated **AVEBURY a present from the past** Originally erected 4500 years ago, Avebury is the largest stone circle in the world. In the Old Farmyard youll find the Alexander Keiller Museum: your gateway to **Avebury English Heritage** This avenue originally of around 100 pairs of prehistoric standing stones, was raised to form a winding 1 1/2 mile ritual link between the pre-existing **Home page of Stonehenge & Avebury WHS** Avebury. Stone Ring of Avebury, England. Ninety miles west of London and twenty miles north of Stonehenge stands Avebury, the largest known stone ring in **Avebury Stone Circle - TripAdvisor** Avebury and its pre-historic past - a detailed description of the neolithic monuments and their colourful history. **Avebury Stone Circles and Henge National Trust** Wander among the stones of the inner circles and the great outer circle, and witness the enormity of the bank and ditch of Avebury Henge. **Date breakthrough at prehistoric site in Avebury - BBC News** Begun in about 3000 BC, the Sanctuary was originally a complex circular arrangement of timber posts, which were later replaced by stones. These components