



# Blackheath Group Exercise

**Welcome to**

## **BGE News...The Birthday Issue!**

Issue 8 – April 2014



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**Check out our website for all the up to date information on BGE**

[www.blackheathgroupexercise.com](http://www.blackheathgroupexercise.com)

or find us on Facebook.



Welcome to April's BGE News...the newsletter for everyone (and their friends) who comes to any of Blackheath Group Exercise's classes.

## **Happy 1<sup>st</sup> Birthday to BGE!**

On 15 April 2014, Blackheath Group Exercise celebrates its 1<sup>st</sup> Birthday; so we would like to say thank you for all your support over our first year and thank you for coming to all our classes.

The three of us formed this company to provide you with great, effective, safe and fun classes without the need to have to join an expensive gym or health club.

By delivering the classes in the community we wanted to be part of that community and thank you for helping us make that happen.

Since starting, we have:

- ✓ Delivered over 280 classes
- ✓ Had over 2000 attendees to our classes
- ✓ Delivered 2 aerobathons
- ✓ Raised over £2000 for local charities

None of this would have happened without you – so from the three of us thank you so much and here's to another year in fun, fitness and friendship!

## **Core Fusion Update**

Thank you everyone for coming along to Core Fusion – Gina's new class on a Wednesday night at Thomas Tallis at 7pm.

Your feedback has been fantastic and gratefully received; please keep it coming and please keep coming to class!

Don't forget that you can just turn up and 'pay as you go'; all you need to do is bring yourself and your mat! It's a fantastic class with a fantastic instructor and a real bargain at just £5:00 per class. Why not give it a go and tell your friends and family about it...better still, bring them along!

Full information is on the website [www.blackheathgroupexercise.com](http://www.blackheathgroupexercise.com) and click on the timetable tab.





## BGE membership – welcome to some new members!

We have had three new All Access members since the last newsletter – welcome to Estelle, Riz and Rachael. Why not look at how our different memberships may benefit you and think about joining up too?



## Easter and May Bank Holiday opening...

BGE will be operating all over the Easter holidays with the exception of the following date:

- Monday, 21 April 2014

With regards the May Bank Holidays, there will be no classes on the following Mondays:

- 5 May 2014
- 26 May 2014

## BGE does Race for Life?

We have been challenged (thanks Jane) to put a team together to do the Race for Life in Blackheath in 2014!

Starting on The Heath on 6 July 2014, there is a 10km (6m) event starting at 09.30 and a 5km (3m) event starting at 11:30. Only females can do the Race for Life and you can walk, run, sprint, crawl, hobble or stroll around. The main thing is to get involved and raise money for a great cause.

Please let Paul know if you want to join in (the more the merrier) so if your friends want to join in they can...that includes your children! If there are any blokes out there that want to do it, why don't we do a 2 or 3 lap run around Greenwich Park on the same day, get some more sponsorship money and support everyone doing Race for Life?



# Blackheath Group Exercise

## Exercises of the month...

April 2014

This month it's all about burning off the chocolate calories and knocking the Easter calories out with a boxing workout...HAPPY EASTER EVERYONE!

### Jab:



- Stand tall with hands by chin guarding cheek bones
- Keep knees soft and back straight – left foot forward , right foot back
- Punch left hand forward – imagining punching someone of the same height on the chin
- Pull back to guard your chin and repeat on the right
- Punch through your legs, hips, shoulder and then knuckles

### Hook Punch



### Hook:

- Stand tall in the Jab position
- Imagine you are punching someone on the chin but you have to punch around a lamp post!
- Keep elbow up at shoulder height and pivot off of the front foot (left hook) and back foot (right hook)
- Keep stomach muscles tight and use your waist to punch with
- Punch through your legs, hips, shoulder and then knuckles

### Upper Cut



### Upper cut:

- Stand tall in the jab position
- Imagine you are punching somebody under the chin and trying to lift them up!
- Bend knees, lean back very slightly and – pushing through feet, legs, hips and stomach - punch left hand straight up
- Return to jab position and repeat on right

**1. Box non-stop for the duration of an upbeat song.**



**2. Take a one minute break.**

**3. Repeat step 1 and 2.**

### ...and finally:

Why not build your own little circuit...

- Do 1 song of one punch, squat for 1 minute then rest for 1 minute
- Do 1 jab (each arm), 1 hook (each arm), 1 upper cut (each arm) for 1 song; alternating jumping lunges for 1 minute then rest 1 minute
- Do 1 song of each punch, 1 minute of core work, 1 minute of leg work and then rest.



# Blackheath Group Exercise

## Food Facts...

April 2014



## Chocolate and the Easter Bunny!

The Easter Bunny (also called the Easter Rabbit or Easter Hare) is a fantasy character depicted as a rabbit bringing Easter eggs. Originating among German Lutherans, the Easter Hare originally played the role of a judge, evaluating whether children were good or disobedient in behaviour at the start of the season of Eastertide. The Easter Bunny is sometimes depicted with clothes. In legend, the creature carries coloured eggs in his basket, candy and sometimes also toys to the homes of children and, as such, shows similarities to Santa Claus, as they both bring gifts to children on the night before their respective holiday. The custom was first mentioned in Georg Franck von Franckenau's De ovis paschalibus (About Easter Eggs) in 1682 referring to a German tradition of an Easter Hare bringing Easter Eggs for the children. In many church services on Easter Sunday, a live rabbit representing the Easter Bunny, is brought into the congregation, especially for the children's message. (source Wikipedia)

We all know the benefits of dark chocolate and the potential damage of milk and white chocolate but did you know that there have also been links to:

- Headaches and migraines
- Your cardiovascular system and blood pressure
- Being addictive
- Being an aphrodisiac
- Increased weight gain
- Acne (but that's not proven)
- Being a stimulant
- Lead poisoning (go figure)
- Toxicity (have you seen what it does to animals...especially dogs!)

**Here's a recipe for a chocolate mousse that can be eaten by people who can't have dairy and it tastes really good...let us know how it goes if you give it a try!**



### Chocolate Avocado mousse

- 4 – 6 very ripe avocados
- ½ cup honey
- ½ cup cocoa
- ½ tea spoon vanilla extract
- A little salt to taste
- A little instant coffee to taste

- Peel the avocados and discard any brown or stringy parts.
- Either mash up the remaining flesh or, for a more smooth chocolate texture, strain the avocado through a metal sieve (get the kids to do that)
- Once sieved (or mashed), add the cocoa, vanilla essence and the honey and whisk together.
- Once whisked, add salt and coffee to add more flavour – it's up to you so add as much or as little as you like

Put into the fridge for a few hours – min 4 hours – and then serve in your favourite dish...we like martini glasses!