



Blackheath Group Exercise

Welcome to

BGE News!

Issue 6 – February 2014



Thank you from Neutral Ground

OneSpace update

Keep it up!

Half term classes

Boxercise – 2 for 1 offer

Exercises of the month

Food Facts...SUGAR!!!!

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

www.blackheathgroupexercise.com

or find us on Facebook.



Your feedback is always important to us and we want you to tell us what you think.

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

Thank you from Neutral Ground...

Many of you gave us toys, books, unwanted gifts and soft toys (as well as your money) at the mini-aerobathon.

Sue Heath put us in touch with Neutral Ground, a charity that helps families who live apart come together to support their children.

All your gifts were gratefully received and were put straight to good use. The team at Neutral Ground were incredibly grateful and could not believe how much they received.

Thank you from BGE as well.



For more information on Neutral Ground, please check out their website www.neutralground.info

OneSpace update

In January, OneSpace were finally given the all clear to start the renovation works; the building has finally dried out!

However, Rev Paul Franklin has advised us that OneSpace wont be available until May at the earliest. Until then, we will stay where we are and we wish Paul and the team lots of luck getting OneSpace up and running again.

Keep it up!

Many of you will have started January with New Year's resolutions and will have stuck with it for the month...stay with it! You may have given up alcohol on a 'school night'; if so, why not keep it going from now on? You may have given up treats and snacks that you know do not help you lose weight...now you have stopped eating it, don't reintroduce it! Use January as a 'launch pad' to a healthier you; if you can do it for 30 days, you can do it for longer.

Half term classes

During half term, BGE will continue with its normal schedule. Also, please let us know what other classes you would like us to put on. We have some ideas but they will only work if they are what you want to support – so, don't be shy, let us know what we can do to help you stay fit and healthy.

Boxercise – 2 for 1 offer

Did you know the BGE offers two Boxercise classes per week?

This is a great class for toning the whole body, burning loads of fat and getting rid of loads of stress from the week!

Working with a partner, you learn safe and effective punching techniques that work your core, upper body, heart and lungs. The class then changes into a lower body and core blitz that challenges the biggest muscles in the body to give you an effective all over body workout.

Why not tell your friends and family about this effective and fun class? As a 'thank you' from BGE, you will get your first 2 classes for £10. All you have to do is register with BGE (if you haven't done so already) via the website and turn up ready to train...that's it. We couldn't have made it easier for you to get fit without turning up at your house and dragging you down there in person!!!



Blackheath Group Exercise

Exercises of the month...

February 2014

This month it's all about holding strong ... can print this page off and use it to remind you what to do.

- Plank (3 x 1 minute hold)
- Ski Squat (3 holds of 45secs min)
- Bent over row and reverse fly (3x15reps)

Plank:

There are loads of teaching points but:

- Start on your elbows and knees (position 1) or toes (position 2)
- Pull your belly button to your spine and hold your waist and chest strong
- Lift hips off the floor, tuck your tail slightly under you and hold for at least 1 minute.

You will work your:

- Transverse abdominus, rectus abdominus, waist and sides (if it's in your back muscles, come down a level)

HOW I THINK I LOOK WHILE PLANKING



HOW I TRULY LOOK WHILE PLANKING



Wall Ski Squat...

- Hold your back against the wall and take your feet away from you
- Slide down the wall and hold – make sure thighs are parallel to the floor
- Hold for 45secs – 2 mins and repeat 3 times with a 20 sec gap between reps

You will work your:

- Thighs and core

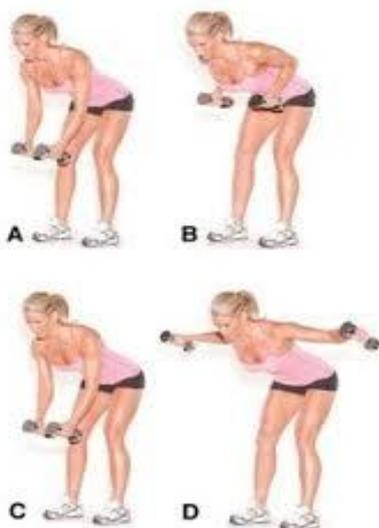


Bent over row and reverse fly...

- Hand weights in hand, soften knees, pull up stomach and lean over (neutral position)
- Pull up elbows, sliding past ribs and squeeze between shoulder blades and then push weights away (neutral position)
- Fly arms wide, squeezing between shoulder blades, hold for a count of 2 and then return arms to neutral
- Repeat 15 times

You will work your:

- Upper back, shoulders and core





Sugar...the hidden menace!



There has been a lot in the press about the hidden sugars in foods and drinks. The above photo is something I have had for a number of years and it was only recently that I remembered I had it!

Sugar has started to 'come out' from the shadows and been seen for what it is. Studies have shown that it is highly addictive – in some studies more addictive than Class A drugs. The white sugar shown above is SUCROSE; not to be confused with FRUCTOSE (which is found in fruits).

The body processes SUCROSE very differently than fructose. Sucrose is a potent stimulant that causes the body's blood sugar levels to spike...this gives you an instant energy rush. However, the body can not use this energy so it releases the hormone INSULIN (which cleans the excess sugar from the blood and any unused sugar is put into your fat cells). Once in your fat cells, the body really struggles to burn this fat for energy and your body looks at other energy stores instead.

Also, if constantly stimulated by loads of sugar, the body loses its ability to regulate its insulin levels and Type II diabetes in later life is a possible result. Too much sugar in the blood has a detrimental effect on your nervous system and, in time, cause nerves to die. This is why diabetics have skin troubles, eye troubles and, in extreme cases, lose limbs and sight due to nerve death.

'Sports' drinks are full of hidden sugar with some containing more than 12 teaspoons of sugar. They are a drink designed for adults that are being targetted at children by using famous athletes and sports men and women. Even the manufacturers have said that they really aren't suitable for children.

When using sugar based stimulants, a short term gain will give you a long term pain!

(written by Paul Folan – please contact Paul if you wish to discuss the above article and the views expressed are his.)