



Blackheath Group Exercise

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BGE News

Issue 10 – July & August 2014



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

OneSpace return in September

OneSpace is currently open but BGE won't be returning there til September, 2014.

There have been some changes at OneSpace since the rebuild. However, there are still parking spaces and the coffee shop will be open from 9am every Thursday.

If you get there a little early, there is a coffee shop over the hill from OneSpace and a Sainsbury's about a 2 mins walk away.

Our first class will be at 09.30 Tone Up and Shape Up on 4 September, 2014. Put it in your diary folks!!!

New class for 14 – 16 year olds...

A few of you have said that you would like us to put on classes for your children and we are sourcing an instructor to deliver workouts to 14 – 16 year olds. Thanks to everyone who has let us know.

We would like to work on this over the summer with a view to starting in September – after the summer holidays.

We want this to work for you so please could you let us know:

- What days would work for you
- What would be the best time for your teenagers

We plan on using the Heath to deliver the classes and will be looking at a block booking system...you pay for 6 sessions in advance. However, these are all our ideas at the moment and we would really appreciate your help.

Let Danny, Gina or Paul know if your children would be interested and, if so, what sort of class they would like.

Class cover July and August...

There will be a number of changes to the timetable during July and August 2014. Also, to allow the instructors to go on holiday too (I know, how could we?!?!), we will be arranging cover for a number of classes over the summer.

Paul will be away (again) during August..we have banned Danny and Gina from having any time off...ever!

All the changes will be on the website and on facebook nearer the time...we are working on covering the classes as we go to press with this newsletter. Please check out our facebook page and website for up to date information...if you havent 'liked' us yet, please do so!

Monday and Thursday classes during August...

Following on from last year, we will be amending the timetable during August for Paul's Monday and Thursday classes. We rented the venues last year but only had 4 or 5 people to each class.

As a result, we will be taking advantage of the beautiful outdoors and English summer weather during August and deliver your workouts on the Heath.

Meeting near the Rangers House, your classes will keep the similar formats but be delivered outdoors. Please remember that we won't have any toilet facilities on the Heath so please come prepared. Bring your mat and water with you please and listen out to the weather forecasts. If it's going to be hot, bring a hat; if it's going to be cold, bring an extra layer; if it's going to be wet, bring a water proof jacket...oh, you are all grown ups so we are sure you can work it out!

Also, Thursday's Core and Flex will have a break during August but will be back in September at OneSpace.

Timetable Review...

We are always looking at how well attended the classes are and are really pleased that Gina's Wednesday night class has been a great success. Please keep coming and thank you for telling us you like it!

Core and Flex on Thursday is something we are looking at. We know from the people that go that they really love it and really want it to continue. However, with only 3 or 4 people at each class, we have to consider the practicality of delivering the class.

We will be looking at class numbers during September and October and will be making a decision regarding its future with effect from November.

Please let Paul know your feeling about this and, if you aren't sure what the class is all about, please talk to him. If you are a regular who hasn't been for a while, please could you let Paul have some feedback regarding why you haven't been coming. We don't take these decisions lightly and we really want the timetable to reflect the classes you want.



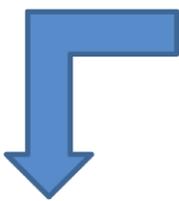
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Exercises of the month...

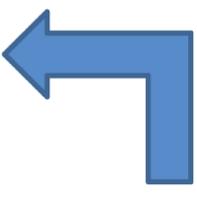
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The Balcony Workout

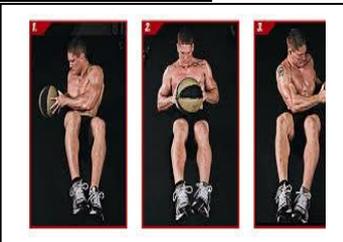
For this workout you need very little space so there are no excuses for not doing it. Before doing the exercises make sure you have warmed up and mobilised your muscles...go for a run, skip, run up and down the stairs at the apartment/hotel you are staying at. Better still, get an early morning run in especially if you are near the sea!



1) Back Lunge with Rotation



2) Press Ups



8) Side Plank



3) Plank



7) Rotational
Decline Sit-Ups



4) Dorsal Raises



6) Dead Cat



5) Hamstring Bridge/Walnuts



Plank – hold minimum 1 minute; maximum 3 minutes
Everything else – do 20 of each exercise (20 lunges on each leg/20 alternating dead cats)
Repeat circuit – min x1; max x4 and keep the intensity up!



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Food Facts...

July and August 2014

Summer time and hidden sugars...think before you drink!



Here is a picture of how much sugar has been added to various common drinks. Water is the drink of choice for children from a recent government report...and you can see why! The authors of the reports are really clear and when pressed in interviews they were adamant; when giving your children a drink, give them water. Don't add juices, cordials, flavourings or colourings...just add more water to the water.

As 'grown-ups', we are the same. Hidden sugars play havoc with our insulin levels and fat retention. Sugars in fruits, smoothies and fruit juices are common discussions points. Are fruit sugars bad for you? The short answer is no but it's how your body processes those sugars that are vital!

When you eat fruit, your body digests the fibre (and the fruit sugars) that makes up the fruit. Some of that fibre is digestible and, as the body breaks it down, the sugars are released slowly into the body. Insulin levels are kept low and fat retention kept down. The non-soluble fibre goes into the gut and, with water, is eliminated out. This removes toxins from the body and scrubs the digestion system as it goes. A clean gut is a healthy gut!

Smoothies are just mashed up fruit and fibre but your body does have to process the massaged fibre a little. As a result, the body gets access to the fruit sugars quicker and insulin levels spike quicker. More of the unused sugars are stored in the fat cells.

Fruit juice has had all the fibre taken out, so it's basically just liquid fruit sugar. As a result, your insulin levels spike very quickly and this fills up your fat cells much more easily. So, just eat fruit and get the benefits of fruit sugars, fibre and all the vitamins they contain...but leave them alone!