



Blackheath Group Exercise

Welcome to

BGE News!

Issue 7 – March 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 March's BGE News...the newsletter for everyone (and their friends) who comes to any of Blackheath Group Exercise classes.

New Class...Core Fusion

Core Fusion is about tightening and toning your midsection! This Wednesday night class is the perfect end to your day with a 60 minute class designed to strengthen your back, core and condition your body.

Gina will take you through a series of Pilates and Yoga style exercises that will work your entire core area, including the hard to reach lower abdominals and the 'corset' muscles that maintain a flat, healthy looking mid-section.

This class is open to all abilities and Gina will provide options for you to ensure the workout is suited to your needs.

Starting on Wednesday 5 March 2014 at 7pm at Thomas Tallis, please remember to bring your workout mat, sweat towel and water bottle. The cost is just £5.00 per class...bargain!

Full information is on the website

www.blackheathgroupexercise.com and click on the timetable tab.





BGE membership

With the addition of Core Fusion, why not think about how membership of BGE will help you get fitter and stronger...and stay motivated!

As well as 'pay as you go', you have the options of '1 Class Membership' and 'All Access Membership'.

If you come to one class per week regularly – and want the flexibility to do other classes without the financial commitment – then why not become a '1 Class Member'? From as little as £20 per month, you can turn up to your class of choice and just join in. If you then decide to do another class with us that week, you just pay for that one.

If you are doing more than one class per week with us then the All Access membership may be right for you. For just £45 per month, you can do any of the BGE classes, at any time, and not have to pay any more. You also get your All Access card and an All Access t-shirt...who could ask for anything more?! Check out www.blackheathgroupexercise.com for more information.

Cakies – the first photo!



Thank you to Gail for the first photo of CAKIES – a recipe we gave you before Christmas.

She made them for her daughter...who loves them! Send us your pictures and feedback.

Halton Court Parking

If you come on a Thursday, Halton Court are changing the parking outside the Village Hall. If there are no parking bays available, please remember you can park in Weigall Road and walk up to the class. Alternatively, One Space have very kindly allowed us to park in their car park and you can then walk to class (up Kidbrooke Park Road and take the path on your left to Halton Court). It takes about 2 mins.



Blackheath Group Exercise

Exercises of the month...

March 2014

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

- Mountain Climb (3 x 1 minute)
- Lunge with leg up (3 x 1 min each leg)
- Shoulder Press (3x15reps each arm)

Mountain Climb:

There are loads of teaching points but:

- Start on your hands and feet in the plank position (A)
- Keep your hips still and engage core – bring one knee towards your elbow and hold (B)
- Take the foot back, restabilise your hips and change legs.



You will work your:

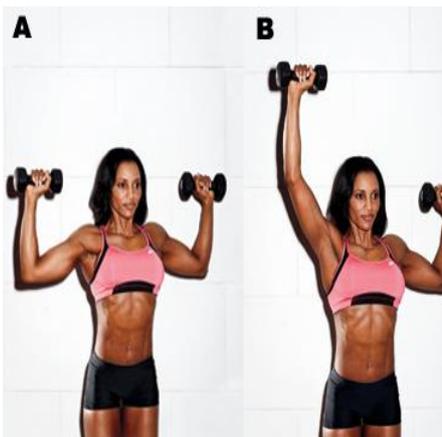
- Transverse abdominus, rectus abdominus, waist and sides, shoulders and arms.

Lunge with leg up...

- Put one foot up on a small stool and take the other leg forward into the lunge position
- Keeping the spine straight and your weight back, drop your back knee towards the floor and then lift back to neutral
- Repeat on that leg for as long as you can (or at least for one minute)

You will work your:

- Thighs and core



Alternating Shoulder Press...

- With a weight in each hand, stand tall with mid-section engaged
- Keeping your shoulders strong, lift one arm up towards the ceiling, hold and return to the start position
- Repeat on the other arm.

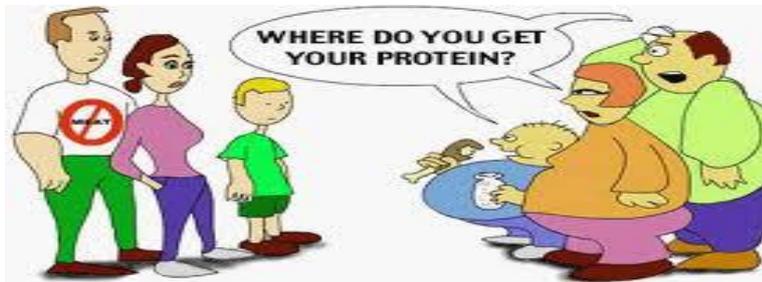
You will work your:

- Shoulders, upper back and mid-section



Food Facts...

March 2014



Protein... strength and power!

Protein is a vital food group that has had a bad press! You need protein for vital functions including:

- Muscle strength (including your heart)
- Hair and nails

Lean muscles burn calories at rest (fat cells just sit there), so if you have a lot of lean muscle tissue in your body, you burn calories just sitting still.

Protein also suppresses your hunger hormone Ghrelin. This means that you feel fuller quicker when you eat and you stay fuller for longer...so you eat less naturally. If you have loads of protein in your diet, you will be filling your body with the building blocks for building strong, lean and healthy tissue.

- So how much should you eat? Well, because you feel full quickly with protein, you almost can't overeat! However, allow 1 - 2g of protein for each kg of body weight (if you weigh 70kg, allow 70g – 140g of protein per day)
- What should you eat? Whether vegetarian, pescaterian, meat eater or omnivore, there are loads of ways of getting protein into your body

Each of the following foods provides approximately 10 g of protein	
Animal Foods	Plant Foods
2 small eggs	4 slices (120 g) wholemeal bread
30 g (1.5 slices) reduced fat cheese	3 cups (90 g) wholegrain cereal
70 g cottage cheese	2 cups (330 g) cooked pasta
1 cup (250 ml) low-fat milk	3 cups (400 g) cooked rice
35 g lean beef, lamb or pork (cooked weight)	3/4 cup (150 g) lentils or kidney beans
40 g lean chicken (cooked weight)	200 g baked beans
50 g grilled fish	120 g tofu
50 g canned tuna or salmon	60 g nuts or seeds
200 g reduced fat yoghurt	300 ml soy milk
150 g light fromage frais	100 g soy meat