



Blackheath Group Exercise

Welcome to

BGE News

Issue 11 – October/November 2014



New class for 14 – 16 year olds

Timetable review...Core and Flex

Christmas Timetable!

BGE Christmas Collection

Parish Notices...

**Exercises of the month...the
Plyometric Workout**

Food Facts...eat yourself thin!

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

New class for 14 – 16 year olds

We are still looking to get the new class for 14 – 16 year olds up and running and we are hoping it will start in October – probably after half term.

The day and time of the class are still being looked at but would a late morning every Saturday be any good? Not too early – so that they can have a lie in and no too late - so that it doesn't get in the way of meeting up with their friends.

The proposed format will be an hour circuit based class, on The Heath, focusing on fitness and stamina. We want the class to be fun and challenging and, most of all, effective!

Please watch this space and thank you for being patient with us!

Timetable Review...Core and Flex

Following on from our last newsletter, we have had a look at Paul's Thursday morning Core and Flex class.

Unfortunately, the lack of numbers at this class has caused us to review it. Sadly, it is not cost effective for us to run this class anymore and, with effect from October 2014, the class will be cancelled.

We are really sorry to do this and will look to put on other classes in the future but would like your help. If you want us to do more classes, please tell us what you want and what days and times would work for you.

Thank you to everyone who supported the class and we hope that the existing classes on the timetable are effective and challenging for you.

Christmas Timetable!

Believe it or not, we have already been asked what our plans for the Christmas timetable are!

We are planning on running a full timetable up to, and including, Saturday, 20 December 2014. If Thomas Tallis operate the same as last year, they will not re-open until the second week of January 2015, so please watch out for further info in the next newsletter.

Our proposed first class back will be Monday, 5 January 2015 at St James's Hall but that is subject to confirmation from the Church that the hall is available. More information in the next newsletter.

BGE Christmas Collection

This year, BGE is looking for your help! We would like to run a co-ordinated fund raising across all the BGE classes.

We would like to ask you for unwanted toys, gifts and books. We will then donate these to local charities to give away at Christmas.

If you know of any charity that is looking for presents, please let us know and we will contact them and sort something out. Last year, your generosity was outstanding and we gave loads of gifts to Neutral Ground. They were absolutely overwhelmed with all the gifts.

We have also been asked to help a charity that one of our members is involved in...**Fiarfun**. Have a look at their website www.fairfun.org.uk - thanks for the nomination Jane!

We are thinking of a 90 minute aerobathon in early December...possibly **Monday, 8 December 2014**. Please pencil the date in your diary and look out for more information in the next newsletter!

Parish notices...

- Thomas Tallis is closed in the evening of Wednesday, 1 October 2014. Gina's class is cancelled for that night only. Sorry about that but it's out of our control.
- Paul is away from class on Thursday, 2 October 2014. Gina will be covering for him.



Plyometrics - a free body movement exercise system using no weights or machines but emphasising callisthenics and repeated movements such as jumping high off the ground.

This workout is about intensity of exercise rather than the time it takes. You can add it to an existing workout, you can add it to the middle of your run and you don't need a lot of space to do it!

Benefits of plyometrics...increased calorie burn during workout; increased fitness and stamina; increase in muscular strength; increase in lung capacity; improved core muscles.

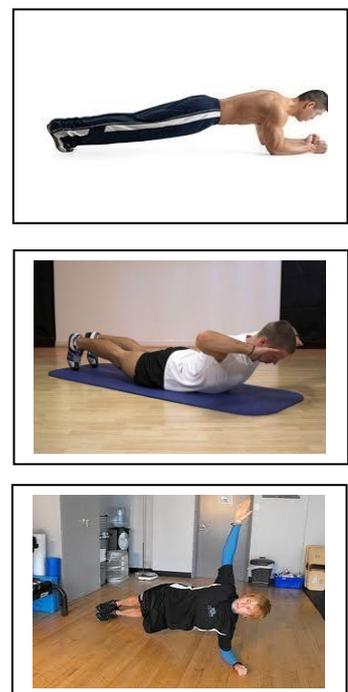
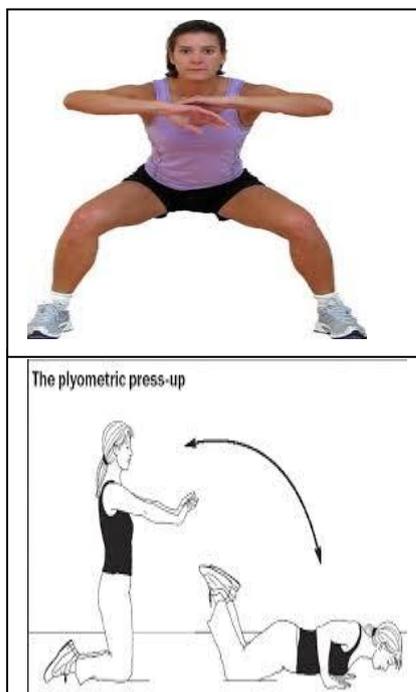
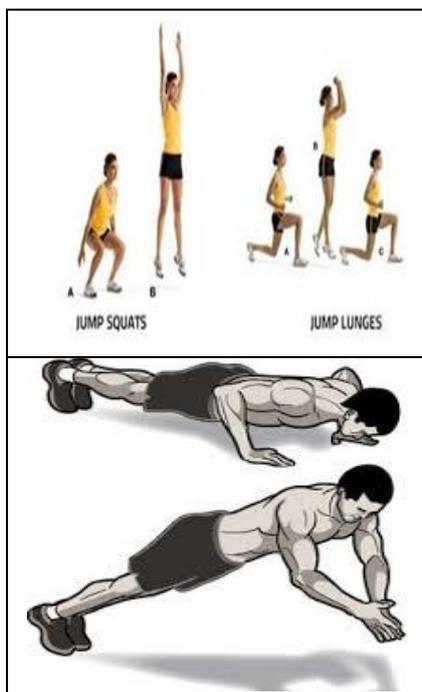
Warm Up...get a skipping rope out and skip for 5 mins; use the trampoline in the garden for 5 mins; run around the block/garden/on the spot for 5 mins...just get the body moving!

Circuit 1 & 2...Narrow leg squat up and down for 30 seconds then add squat jumps for 30 seconds; do 15 press ups then 15 plyometric press ups; hold a plank for 1 minute; repeat warm up exercise for 2 mins

Circuit 3 & 4...Lunge back 10 times on each leg then add jump lunges for 30 seconds; do 15 press ups and then 15 plyometric press ups; do 30 dorsal raises; repeat warm up exercise for 2 mins

Circuit 5 & 6...wide leg squat up and down for 30 seconds then add power jacks for 30 seconds; do 15 press ups and then 15 plyometric press ups; do side plank for 45 secs each side; repeat warm up exercise for 2 mins

There are many ways to do this programme. Warm up and then do the circuits in the above order or warm up and do circuits 1/3/5 then 2/4/6 or warm up and do circuits 1/3/5 if you are short on time. Please remember to stretch at the end of your workout.



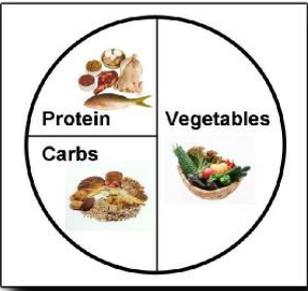


Blackheath Group Exercise

Food Facts...

Oct/Nov 2014

Changing your body shape is about 70% food and 30% exercise related. Losing weight and toning our muscles comes primarily through building a healthy relationship with food and to properly balance three main behavioural traits:

	<p><u>1. Eating the correct portion size</u></p> <p><u>2. Balancing the content of what you eat</u></p> <p><u>3. Getting the frequency of eating just right.</u></p>	
--	---	---

Eating the correct portion size

Imaging a steam engine...in order to make the train go faster, you would need to put more coal on the furnace. If you don't put enough coal on the furnace, the train slows down and stops. Fuel the fire regularly and the furnace stays hot and the train runs at full speed. That's how your metabolism works.

Feeding your body little and often is the best way to metabolise fat effectively. Too much food will slow you down and cause fat gain and too little will cause you to store fat while you burn protein (muscle) as your dietary fuel would be lower than it should be.

Your stomach is actually about the size of your fist, which means anything more than that is probably too many calories for your body to use and will cause your body to begin storing the excess energy. **You should be eating two hand cupped size meals three times a day, with one hand full of food in between meals as a snack.**

Balancing the content of what you eat

Now you know how much you should be eating, the next phase is to focus on what you should be eating. Keeping things simple, half of your plate should be vegetables, a quarter carbohydrates and the final quarter should be proteins.

The vegetables will provide you with fibre and essential vitamins and minerals while the carbohydrates will keep your energy up. Protein will help grow and repair your body whilst keeping your immune system functioning properly. For a full list of healthy carbs, proteins and fats visit [Adappt's Diet and Nutrition page \(www.adappt.info\)](http://www.adappt.info). (There are more articles on the website – why not have a look?).

Food Frequency – Making time to eat!

With smaller portions comes an increase in appetite, which means we need to eat more frequently. No meals should be missed and breakfast should always be as soon after you wake up as possible to keep your metabolism at top speed. Your body needs fuelling small amounts every 3 – 4 hours