



Blackheath Group Exercise

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

OneSpace update

We have had word that OneSpace will be open soon. Whilst the exact date that it will open is yet to be decided, BGE has a start date!

With effect from Thursday, 4 September 2014, BGE will move back to OneSpace.

Between now and the end of July, Thursday's classes will stay at Halton Court. The last class at Halton Court will be Thursday, 31 July 2014.

In August, there will only be one class on Thursday at 09.30 and the plan is to go to The Heath for that class. We are working on the full details of all of our classes during August at the moment so look out for more details in July's BGE News.

Danny, Gina and Paul are really grateful to everyone at Halton Court for making us so welcome and for giving us a great space whilst work was ongoing at OneSpace.

Race for Life...up for a little challenge?

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

Full details are available on the Race for Life website but on 6 July 2014, there will be a load of people running around The Heath for a fantastic cause.

Jane Good is running and I am sure she would appreciate your financial support. Please talk to her at class or give Paul a shout and he will pass on your info to Jane.

Better still, there is time to register to run the race and raise money for a fantastic cause. Paul really wants to do it but apparently he can't do it 'cos he is a boy! Saying that, he is going to run around Greenwich Park on the day to show his support. If there are any

Welcome to

BGE News

Issue 9 – June 2014



OneSpace update

Race for Life...up for a little challenge?

New class for 14 – 16 year olds?

Class cover in June 2014

Newsletters over the summer

Exercises of the month...it's about intervals baby!

Food Facts...

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.

blokes who want to join him, please email him on mail@balckheathgroupexercise.com.

Come on BGE family, lets put a team together and support all of our friends and family who have been struck down by all the various forms of this vile illness.

New class for 14 – 16 year olds?

We have been asked on a number of occasions for classes for your teenage children that will be fun, challenging and give them something to do.

We are talking to a great trainer who you may know who may start up a new outdoor class for 14 – 16 year olds.

The full details are being worked on as we speak and we will have more informaiton in July's newsletter. The chances are that it will start in September and will be approx 60 minutes long but, apart from that, watch this space!

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

Class cover June 2014

Paul will be away from 16/6/14 til 23/6/14. The Monday and Thursday classes are still running and will covered as follows:

Day/Date	Class	Venue	Cover Teacher
Monday 16/6/14	09.30 Total Body W/O	St James' Hall	Rebecca
Thursday 19/6/14	09.30 TU&SU	Halton Court	Gina
Thursday 19/6/14	10.45 Core & Flex	Halton Court	Gina
Monday 23/6/14	09.30 Total Body W/O	St James' Hall	Rebecca

Newsletters over the summer

We will be sending out a newsletter in July that will cover you for July and August. As many people will be away in August, we will hold off for that month and start up again in September.

It will give you exercises to do over the summer break and some recipe/food ideas to keepyou going.

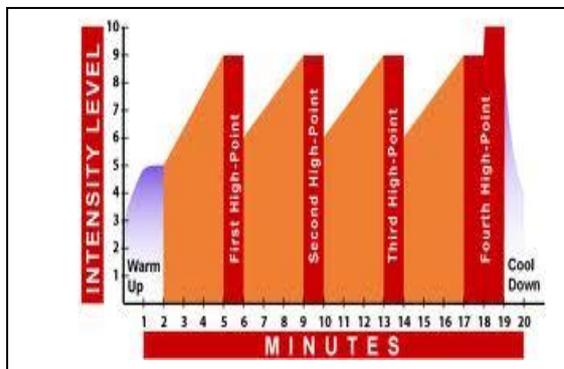


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Exercises of the month...

June 2014

This month it's all about interval training...to help everyone in the Race for Life...and any other race that is coming up!



1) Super efficient...

By increasing then decreasing your intensity you stop the build-up of toxins in the body – meaning you can keep going for longer.

So whether you are new to running, or an existing runner, just pick up the pace for either a fixed time or distance and then slow down for a fixed time or distance.

As you get fitter and stronger, increase the intensity!

2) Weight loss...

Because you can keep going for longer, you increase the amount of calories you burn every workout

Because you have periods of intense activity, you increase the number of calories you burn each work out

Because you build in recovery times to your workout, you can do them more often and that way, you burn more calories per workout, per week, per month...oh you get the idea!

3) After burn...

When you work out, you burn calories. What most people don't appreciate is that the body keeps burning calories at a faster rate after you have finished...the more intense your workout, the more calories you burn during the workout and you are more metabolically active for longer after.

So that's a good reason to increase your intensity but not an excuse to eat more cake!



4) Good for your heart...

Your heart is a muscle and benefits from being worked and safely overloaded – that way it comes back fitter and stronger. By working out harder, for longer, you benefit the most important muscle in your body. If that doesn't work, nothing will!!!



Summer time and healthy eating.

Go on, admit it, we have all said that, in the winter, we eat more carbs because it's cold/dark/miserable/bad light etc etc etc. Now the summer is coming, there are loads of ways to eat healthily. The emphasis is on eating - not skipping meals! If you eat regularly, your body stops storing fat and starts burning it; the secrets are the type of food and quantity of food you eat.

Think about eating good quality proteins – meat, fish, eggs, cheese etc. If it grows, swims, flies or walks, you can eat it; if it comes in a packet, forget it! Think about buying foods that are in season – go to local farmers markets and buy your produce there. These include:

- Brockley Market – every Saturday on the corner of Lewisham Way and Tressilian Way. A great market and food court. Loads of locally grown veg, fresh fish and meats (a lot of it is organic) and all sorts of 'artisan' produce made locally. Take the family, meet friends, have lunch and get your shopping ...doesn't get better than that.
- Manor House Garden Farmers Market – it's small but it's every Saturday.
- Blackheath Farmers Market – every Sunday by the station. Some good stuff there and it's local. Get there early for the best stuff but meet friends and get your fresh groceries.
- Lewisham Market – every day. If you are prepared to look around you can get great fruit and veg at really reasonable prices. There is organic produce there too if you look!

Better still, get the kids to grow their own fruit and veg!

- You can get fruit trees that grow in pots on your patio and provide an amazing amount of fruit.
- Peas and beans are easy to grow, they are fun to harvest and they come back through the whole growing season.
- Put a tray of soil on a window ledge and grow your salad. Sow the seeds and wait 14 – 21 days...fresh salad. If you are worried about pesticides and chemicals, this is the easiest way to counteract that.
- Grow tomatoes...you need a pot, a plant, some light and some water; let nature do the rest. Not a lot of space?...grow small tomatoes!

Nothing tastes as good as something you have grown and you may find that when you taste the real thing, you actually quite like the proper taste!

