



Blackheath Group Exercise

Welcome to

BGE News

Issue 12.5 – April/May 2015...The Food Issue!

Food is the most abused anxiety drug. Exercise is the most underutilized antidepressant.

Teen Circuits – update and next sessions

Party for BGE's 2nd Birthday?

BGE Growers Club...

Help BGE support GYFC...

Danny's Blog...

Food Facts...natural foods in their natural state!

Think differently...

There's no exercises this month – focus on your food and your results will follow!!!!

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...

Teen Circuits Update



Teen Circuits is up and running and we have had great feedback from those that have come.

We are really grateful to everyone who has come along and would love more teenagers to come and experience the benefits.

You can 'pay as you go' or block book the sessions. The next 6 week block starts on 11/4/15.

Have a look on the website

www.blackheathgroupexercise.com and sign up your child for the next block of sessions.

Party for BGE's 2nd Birthday?

In April, BGE celebrates its 2nd birthday. We would like to thank everyone who has been part of the BGE family over the past two years for your support and belief.

In May, Adappt, Personal Training Solutions celebrates 8 years in business! We have no idea where the time went but we are really grateful that clients have believed in us for so long.

To celebrate both milestones, we would love to throw a 'thank you' party but would you come? It would be local, it would be a Friday night, it would be open to partners and other halves and we would love you to be there. We are thinking towards to the middle/end of May (before the half term/bank holiday) but have not sourced anywhere yet. Would you be interested?

Let Paul, Danny or Gina know, email us on mail@blackheathgroupexercise.com or leave us a message on facebook but please get in touch...whether you want one or not!!!!

New Initiative – BGE Growers Club...

In this issue of the newsletter, we are looking at food and the importance of eating right. So, with that in mind, why don't those of us who grow stuff get together and swap ideas, plants, cuttings or things we have grown? Think of it as a book club for those of us who like to grow stuff.

Please contact Paul if you are interested. He doesn't see himself as a gardener but he does like growing plants and food; as he has only recently got into the growing game, he considers himself a late bloomer!

We could meet at someone's house, have a look at how they grow stuff and then have a drink and discuss how we all do things differently. Later in the summer, any spare produce we have grown can be swapped or given away: Paul would be happy to host the first meeting at his house.

This would only work if you are happy to join in, so please contact Paul direct (even if it's to tell him he's crazy...but we know that) on 07976 605598. Whether you have a back garden or balcony, we can all grow stuff somewhere and let's share the wealth of talent we have within BGE.

Help BGE support Greenwich YFC...

With your help, over the last two years, BGE has supported loads of local causes and charities and we are really grateful for your support. In June, BGE would like your help to support Greenwich Youth for Christ in an upcoming venture.

All Access member Lauren Crisp-Hihn is hosting a Jazz Night on 20/6/15 at St Michael's Church, Pond Road – so keep the night free. Lauren will be singing with the jazz band and the £15 per ticket entry includes 2 free glasses of Pimms. Please bring your own picnic supper and let's help support a great cause. All profits will go towards helping vulnerable young people in the local community. Let's make it a great night out for BGE members and thanks in advance for your support.

Danny's Blog...

If you haven't checked out Danny's blog – why not? Full of great ideas and weekly helpful ideas of ways for staying focused, motivated and on track. Check it out at www.dannywallispt.com



Food Facts...

April/May 2015

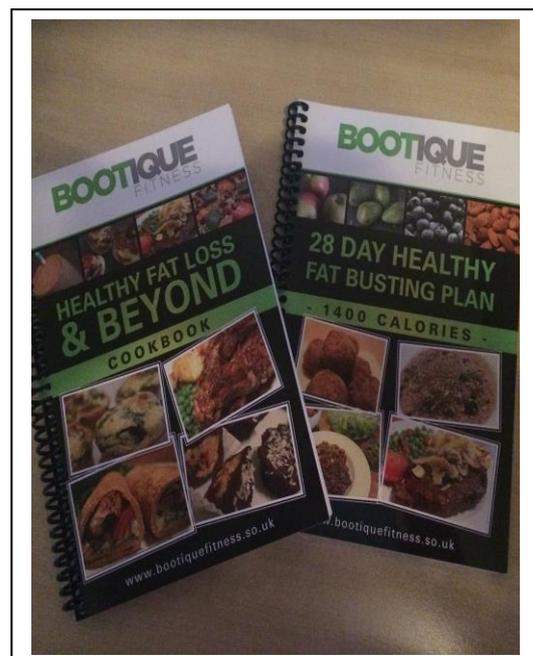
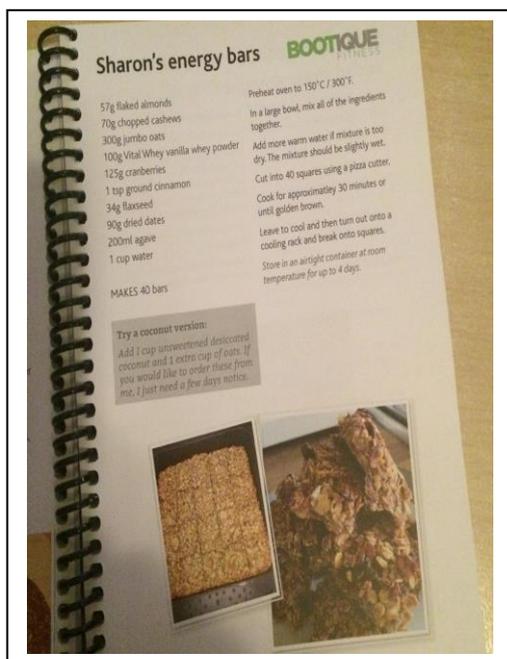
Natural Foods in their Natural State...

There is a saying in the fitness industry, you can't out run a bad diet! **70% of your fitness results come from food...30% from exercise.** In this newsletter, we are concentrating on getting your food intake right and, that way, your results will follow.

Sharon Jones is a good friend of Danny, Paul and Rebecca. She runs her own personal training company, she trains people to become trainers, she runs her own NLP company (she is a Master NLP Practitioner) and has a degree in Nutrition...so she's smart! She has also been in the fitness industry for years...and has been there and done that!

Sharon has always believed the quality of the food you put in dictates the quality of the results you get out. She spent years looking for the correct 'diet'/recipe books and, finally, decided 'enough was enough' ...if you can't find one, write one!

Below is a recipe for energy bars she has been making and offers to her clients. They are easy to make, full of natural foods in their natural state and, with their natural goodness, delicious! Why not give them a go and let us know what you think?



Order copies of the recipe book from Sharon (or download to your kindle/e-reader) at:

<http://bootiquefitness.co.uk/index.php/resources/healthy-fat-loss-ebook>

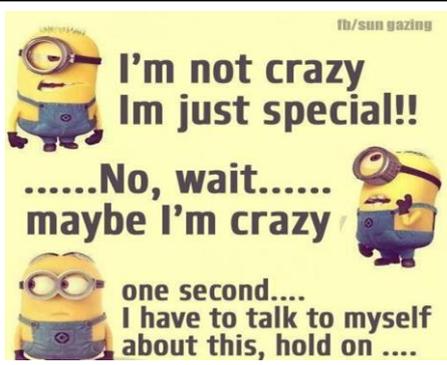
...and copies of her healthy eating plan at:

<http://bootiquefitness.co.uk/index.php/resources/28-day-healthy-fat-busting-plan>



One reason people resist change is that they focus on what they have to **GIVE UP**, rather than what they have to **GAIN!**
~Rick Godwin

I am thankful for nights that turned into mornings, friends that turned into family, and dreams that turned into reality.

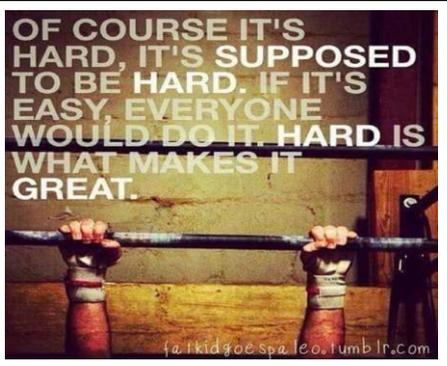


fb/sun gazing

**I'm not crazy
Im just special!!**

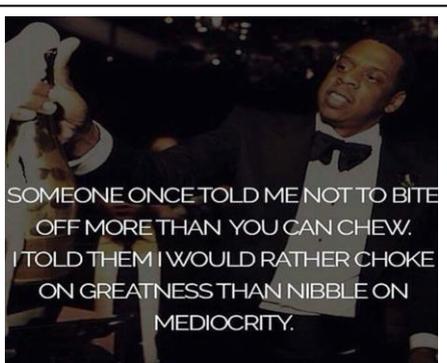
**.....No, wait.....
maybe I'm crazy**

**one second....
I have to talk to myself
about this, hold on**



OF COURSE IT'S HARD, IT'S SUPPOSED TO BE HARD. IF IT'S EASY, EVERYONE WOULD DO IT. HARD IS WHAT MAKES IT GREAT.

fa1kidgoespa1eo.tumblr.com



SOMEONE ONCE TOLD ME NOT TO BITE OFF MORE THAN YOU CAN CHEW. I TOLD THEM I WOULD RATHER CHOKE ON GREATNESS THAN NIBBLE ON MEDIOCRITY.

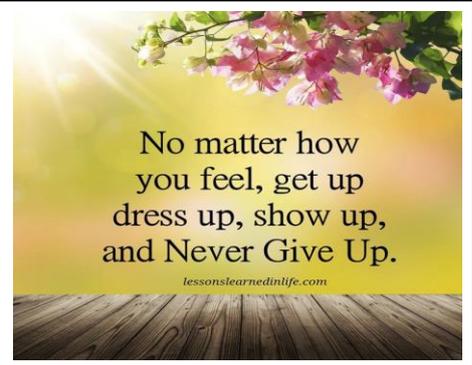
**KNOWING WHEN TO WALK AWAY IS WISDOM.
BEING ABLE TO IS COURAGE.
WALKING AWAY, WITH YOUR HEAD HELD HIGH IS DIGNITY.**



Nobody ever wrote down a plan to be broke, fat, lazy, or stupid. Those things are what happen when you don't have a plan.

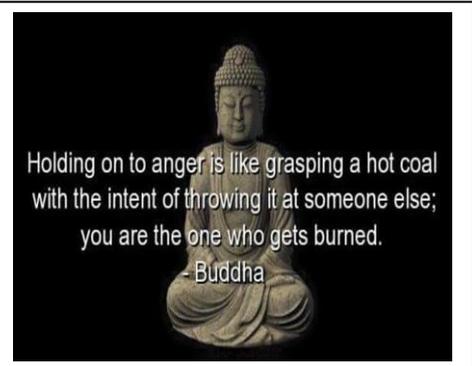
Larry Winget

briantracy.com



No matter how you feel, get up, dress up, show up, and Never Give Up.

lessonslearnedinlife.com



Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

- Buddha

"THE SECRET OF CHANGE IS TO FOCUS ALL OF YOUR ENERGY, NOT ON FIGHTING THE OLD, BUT ON BUILDING THE NEW."
- SOCRATES

THINK DIFFERENTLY...