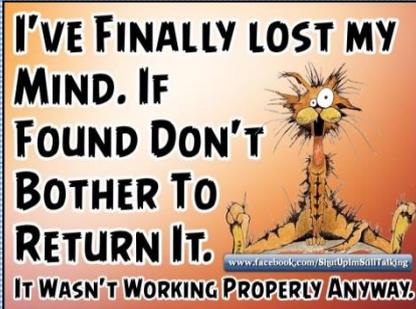




Blackheath Group Exercise

Welcome to BGE News

Issue 12 – February/March 2015



Xmas Aerobathon update

Teen Circuits – up and running

Stay in touch

Price increase and options

Easter Timetable – watch this space

Exercises of the month...don't stop moving!

Food Facts...protein is my friend!

Check out our website for all the up to date information on BGE

www.blackheathgrouplexercise.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...

Xmas Aerobathon Update



Thanks to everyone who took part in the aerobathon this year. A few of us stayed behind for a quick photo and sparkles were certainly on the menu! 21 people took part and a good time was had by all.

We raised £210 on the day for FairFun and they were really grateful for the donation. Over 20 bags of gifts, toys, books and games were donated by you all and Neutral Ground were bowled over by all the lovely things you gave them.

As well as the above, a Christmas cake was donated by a client – and OneSpace sold the slices off after the aerobathon. So, as well as working out and raising money, a further £50 was raised for them. The cake was amazing and if you want the number of the lady who made it, please let Paul know. We were going to take a picture of it – but it didn't last that long!

Thank you all so much for all your support, your energy and gifts. We couldn't have done it without you.

Teen Circuit – up and boxing!



Teen Circuit was launched on Saturday, 10th January and we have been blown away by the feedback we have received; not just from the attendees but also their parents!

We have space for more teens if you want to bring them along. You need to complete our online health questionnaire before your teen can come – please don't blame us, it's the rules!

The next block of sessions will start on Saturday 21st February. The 6 sessions cost £35 if you block book – or £7.50 if you are paying as you go.

Stay in touch...www.blackheathgroupexercise.com

We want you to have access to BGE all the time – and to do that we need your help. We have the website, online support and newsletters, access to Adappt's website (www.adappt.info) – as well as Danny's weekly blog (www.dannywallispt.com), which is free and fantastic.

However, we can only do that with your help. If you have a facebook account, please 'friend' BGE. If you are on twitter, please 'follow' us.

Should something happen to an instructor, or something happen to a venue, we may need to let you know asap; it would help us help you if we can contact you. Also, you can tell us what you are doing and what you think of the classes – it works both ways.

Price increase and membership options...

With effect from January, the cost of Pay as You Go for our standard classes increased to £7.50 per class. All other prices stayed the same.

There are a number of options you can choose to keep the cost of the classes down – have a look on the website or chat to your instructor.

If you do one class regularly, why not take advantage of our 1 Class Discount membership...just £20 per month. If you are doing 2 or more classes per week, the All Access maybe better for you. Don't be afraid to talk to your instructor – or contact Paul and Danny direct – to chat about the best option for you.

Easter Timetable...

With Christmas over, our thoughts turn to chocolate...no, to Easter! We are talking to all our venues to make sure they are open over the holidays. If so, Paul will run Total Body Workout classes on Easter Monday (6/4/15) and May Bank Holidays (4/5/15 and 28/5/15)...so please come along!



Blackheath Group Exercise

Exercises of the month...

February/March 2015



Hamstring bridge



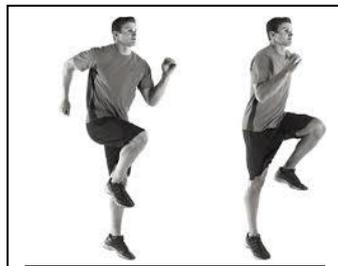
Press ups



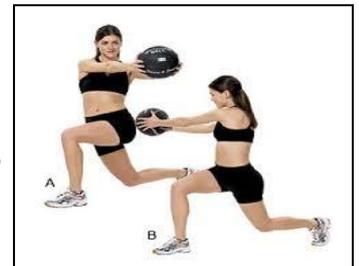
Dorsal raises



Wall squats



Run on spot OR jacks



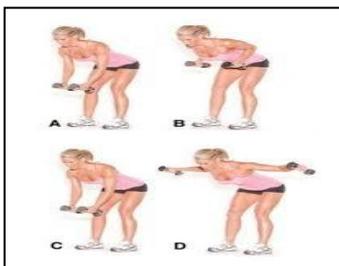
Alternating lunge



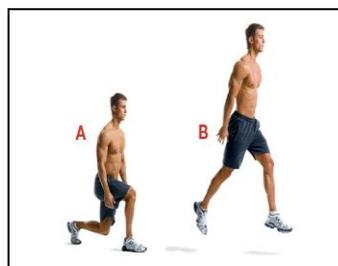
Side plank (30 secs per side)



Shoulder press



Bent over triceps and lateral raises



Split lunge jumps



Dead cat

Warm up for 5 mins. Then, starting in the middle, run on the spot or jacks for 1 minute; then, do 1 exercise on the outside for 1 mins and then back in the middle for 1 min; then back out and in for 1 min each exercise – working your way around the board. Remember to cool down and stretch at the end. It should take 20 mins to do one circuit...enjoy!



PROTEIN IS MY FRIEND...

Why?..because:

<ul style="list-style-type: none"> • It supresses your hunger hormone Ghrelin 	<ul style="list-style-type: none"> • You feel fuller, quicker for longer 	<ul style="list-style-type: none"> • It promotes growth and repair of muscles
<ul style="list-style-type: none"> • It encourages your hair and nail growth 	<ul style="list-style-type: none"> • It enhances recovery from exercise 	<ul style="list-style-type: none"> • It reduces muscle loss – important as we get older

Some good proteins – animal and veggie!

Eggs	Quinoa
Chicken/Turkey breast (no skin)	Beans
White fish inc: <ul style="list-style-type: none"> • Cod • Swordfish 	Pulses
Oily fish inc: <ul style="list-style-type: none"> • Salmon • Tuna 	Lentils
Red meats inc: <ul style="list-style-type: none"> • Sirloin • Lean mince 	Nuts
Pork inc: <ul style="list-style-type: none"> • Tenderloin • Centre Loin 	Quorn

Add protein to every carbohydrate meal and every snack:

Add a few peanuts to a piece of fruit

Have a steak and veg as your last meal of the day

Have crudités with your humous

Put lentils and split peas into vegetable soups

Add pine kernels (nuts) to your pasta dishes

Make an omelette with eggs and seasonal veg

Stir fry veg with added quorn pieces

Have a tuna melt with added peppers

Eat fish x4 per week, meat x2 per week and have a day of what you fancy for the remaining day!