



Blackheath Group Exercise

FITNESS, FUN, FRIENDSHIP

Welcome to

BGE News

Issue 22 – Happy New Year
2017!

DIET TIP : IF YOU FEEL
HUNGRY, YOU COULD
JUST BE THIRSTY.

HAVE A BOTTLE OF
PROSECCO AND
SEE HOW YOU FEEL

Happy New Year 2017...

Aerobathon 12 January 2017...

B-GEMs...our new name?

Think differently

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

www.blackheathgroupexercise.com

or 'like' and follow us on
Facebook.



Your feedback is always
important; contact Paul on
07976 605598 and tell him what
you think.

Happy New Year 2017!

I hope that you had a great Christmas and New Year and I hope that 2017 is a special one for you and for all your friends and family.

This is a really short newsletter to kick the year off!

Aerobathon 2017...

On Thursday, 12 January 2017 we will be holding our first aerobathon of 2017.

Originally, we were going to raise money for Lauren's charity, Greenwich Youth for Christ (GYFC).

However, she was incredibly generous and has agreed that the money from this aerobathon will go to Greenwich and Bexley Community Hospice in memory of Sarah Walker.

Sarah was known to many locally and was a friend to many BGE members. She sadly lost her ongoing battle with cancer in December 2016 and her life was celebrated on 22/12/16.

Her family are raising money for the local hospice and I hope that we can add to the amount they are looking to raise.

I would like everyone to pay £10 for the class and all the money will go to the hospice. Double Discount and 1 Class Discount members, please pay an additional £5 and I will top that up with £5 from the monthly fee you pay me.

If you are a Pay as You Go member, please add £2.50 to your regular £7.50 and that will round it up to £10.

If you would prefer to give more – or just pay your regular amount – please donate what you can and all the money we make will go to the hospice. Paul Franklin has kindly not charged us for the hall on that day, so the regular rent I pay will be added. I will also add a further £30 – the amount I would normally pay someone to cover the class.

I am sure that the hospice will appreciate anything we can send them and thank you in advance for your help and support.

On top of that, please bring any unwanted chocolates, sweets or gifts that you do not want with you to class and I will make sure it is given to local charities. Let's use BGE to make a difference in our community in 2017.

I would also like to do more aerobathons during the year and benefit charities that BGE members support. At Easter, I would like to run another aerobathon in aid of Lauren's charity and I would also like to say thank you to her for her generosity in giving all the proceeds from January's aerobathon to the hospice.

More on future aerobathons in later newsletters.

Change of name?..

For years, I have struggled to think of what to call us...the members of BGE.

Well, I've had an idea. As we are Blackheath Group Exercise Members, why don't we call ourselves B-GEMs?

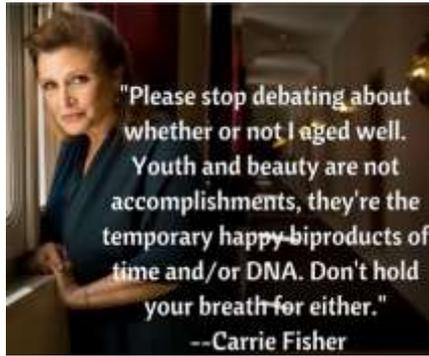
If you have another idea, let's pool them all together and let's have a vote...what should we call ourselves? I would be really proud to wear a t-shirt to let everyone know what we do and, once we agree what we are called, let's celebrate it!

Please email me with your suggestions and please let me know if you would be prepared to buy a t-shirt if I order them!



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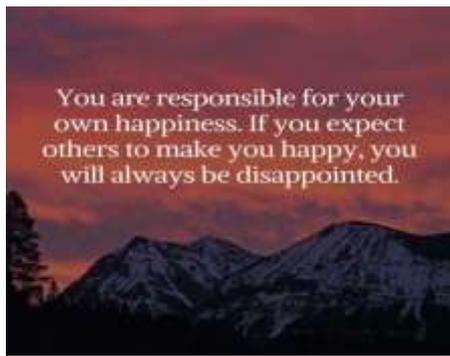


"Please stop debating about whether or not I aged well. Youth and beauty are not accomplishments, they're the temporary happy-biproducts of time and/or DNA. Don't hold your breath for either."
--Carrie Fisher

I don't call them New Year's Resolutions. I prefer the term, "Casual promises to myself that I'm under no legal obligation to fulfill".



ROTTENCARDS.COM



You are responsible for your own happiness. If you expect others to make you happy, you will always be disappointed.

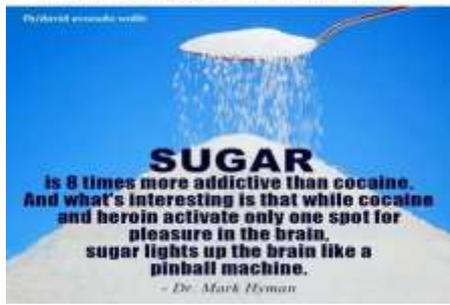
UNLESS YOU FELL OFF THE TREADMILL AND SMACKED YOUR FACE



NO ONE CARES ABOUT YOUR WORKOUT!

DID YOU KNOW?

© iStockphoto.com/Scott



SUGAR is 8 times more addictive than cocaine. And what's interesting is that while cocaine and heroin activate only one spot for pleasure in the brain, sugar lights up the brain like a pinball machine.
- Dr. Mark Hyman



Be proud of who you are and not ashamed of how someone else sees you.

staysober.com



It's not that difficult to tell alligators and crocodiles apart

One will see you later, the other will see you in a while.



"Once we hit 40 Women only have about 4 taste buds left... 1 for Vodka, 1 for Wine, 1 for Cheese and 1 for Chocolate".

the greatest prison people live in, is the fear of what other people think.

THINK DIFFERENTLY...



I am in no competition with anyone. I have no desire to play the game of being better than anyone. I am simply trying to be better than the person I was yesterday.