



Blackheath Group Exercise

FITNESS, FUN, FRIENDSHIP

Welcome to

BGE News

Issue 23 – the first bi-monthly,
monthly newsletter of 2017!

IN CASE YOU FORGOT TO REMIND
YOURSELF THIS MORNING...
YOUR BUTT IS PERFECT. YOUR SMILE
LIGHTS UP THE ROOM. YOUR MIND
IS INSANELY COOL. YOU ARE WAY
MORE THAN ENOUGH. AND YOU
ARE DOING AN AMAZING JOB
AT LIFE.

Aerobathon 12 January 2017...

**B-GEMs...our new name for
members**

**Loyalty Cards and new
members**

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.*

Aerobathon 2017...

Thank you to everyone who came and supported our Aerobathon back in January – it was great to see so many faces (some old BGE-Ms, some regulars) and thank you for your generosity.

We raised £460 on the day and I rounded that up to £500 to give to Bexley and Greenwich Hospice.

The energy in the room was amazing and it was a great way to kick off 2017.

On behalf of the hospice, thank you so much for your amazing kindness.



This was the picture that was put on Facebook. If you have a Facebook page, please could you 'like' Blackheath Group Exercise's page as I want to use that to communicate to everyone in the future.

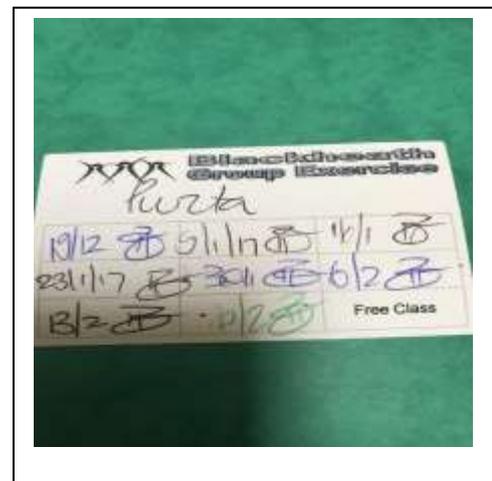
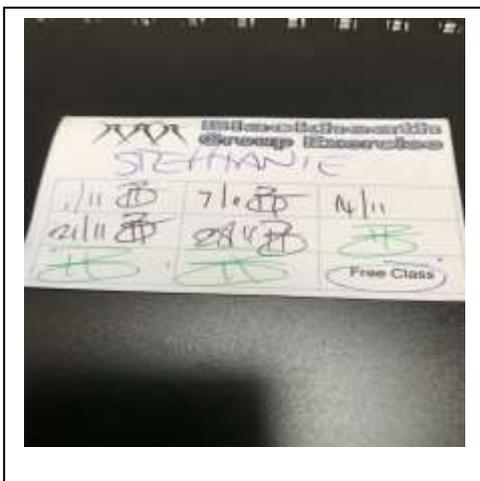
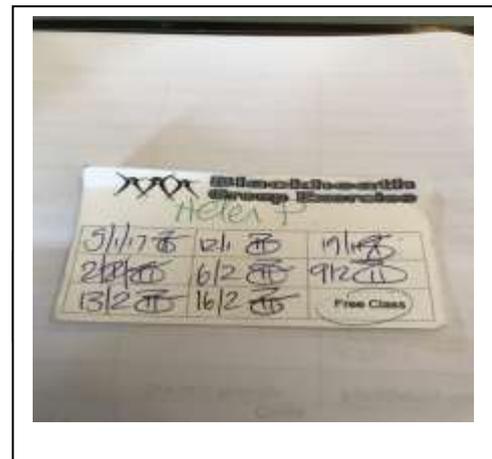
New name for the members...BGE-M!

Thank you to those that gave me some feedback on our new name for our members. I think the BGE-M has been liked by most people so I will stay with that in future communications .

I would like to get some t-shirts made. Would anyone still be interested?

Loyalty Cards and some new members...

I am really pleased that you have enjoyed completing your loyalty cards and thank you for bringing them with you when you come to class. I do post the completed cards on the facebook page – has anyone seen them? Here are a couple that have been completed recently.,.



Also, welcome to Steph and Nora, new BGE-Ms who have joined us recently. Don't forget that we always need new members so if any of your friends are interested in fitness or exercise, why not bring them along?



Blackheath Group Exercise

FITNESS, FUN, FRIENDSHIP

A smart person knows what to say.
A wise person knows whether or not to say it.

#LightUpTheSoul

The difference between stupidity and genius is that genius has its limits.

Albert Einstein



Stupidity is a more dangerous enemy of the good than malice. One may protest against evil; it can be exposed and, if need be, prevented by use of force. Evil always carries within itself the germ of its own subversion in that it leaves behind in human beings at least a sense of unease. Against stupidity we are defenseless.

Neither protests nor the use of force accomplish anything here; reasons fall on deaf ears; facts that contradict one's prejudgment simply need not be believed - in such moments the stupid person even becomes critical - and when facts are irrefutable they are just pushed aside as inconsequential, as incidental. In all this the stupid person, in contrast to the malicious one, is utterly self-satisfied and, being easily irritated, becomes dangerous by going on the attack. For that reason, greater caution is called for when dealing with a stupid person than with a malicious one. Never again will we try to persuade the stupid person with reasons, for it is senseless and dangerous.

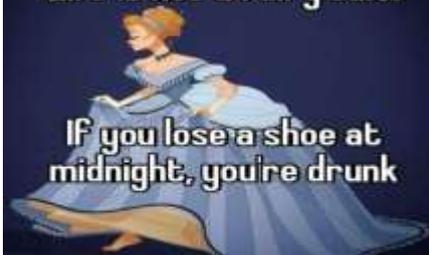
Dietrich Bonhoeffer (1906 - 1945)
"On Stupidity" - Letters and Papers from Prison

Pessimist:
the glass is
half empty

Optimist:
the glass is
half full

Me:
Yay!
There
is room
to add
vodka!

Life is not a fairy tale.



If you lose a shoe at midnight, you're drunk

PROSECCO PANCAKES

INGREDIENTS:
FLOUR
MILK
EGGS
PROSECCO



@dalyandersondid

RECIPE:
PLACE FLOUR, MILK & EGGS IN THE BIN, POUR YOURSELF A GLASS OF PROSECCO...

8 THINGS TO GIVE UP

1. Doubting yourself
2. Negative thinking
3. Fear of failure
4. Criticizing others
5. Negative self-talk
6. Procrastination
7. Fear of success
8. People pleasing

"You can't be what you can't see."

-Marian Wright Edelman



THINK DIFFERENTLY...

Lifetime Thought
My LIFE

If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you.

(Type "Yes" if you agree.)