



# Blackheath Group Exercise

**Welcome to**

## BGE News!

Issue 5 –December 2013 – Merry Christmas and a Happy New Year!



(I have heard of snow angels...but never corkscrew angels!)

Aerobathon – what a day!

Outside training

It's Christmas

OneSpace update

A big thank you

NEW...food facts and recipes

Exercises of the month

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

[www.blackheathgroupexercise.com](http://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 December's BGE News...the newsletter for everyone (and their friends) who comes to any of Blackheath Group Exercise classes.

### December aerobathon 5/12/13...

Thanks to everyone who came and supported the aerobathon. Between us we raised nearly £400 to be split between the 2 chosen charities and we received loads of toys, books and gifts.

The money will be split between GreenwichYFC and All Saints' Primary School. The toys and books you donated will be given to Neutral Ground (a charity based in Abbey Wood which helps families with children).

The atmosphere in the room was fantastic. The theme was 'Christmas sparkles' and you all lived up to the ideal.

Thank you for your energy, enthusiasm, generosity and smiles on the day and we hope that you agree that a great time was had by all.



*"The gang are all here and well done to Joe Crisp-Hinh...do we ask where you got the outfit?" No, but you were a great sport for wearing it! More pictures are on facebook and the website.*

## Outside training – you cannot be serious!



On Thursday 21/11/13, the weather was vile, the wind howling, the temperature freezing and the skies greyer than Santa's beard but that didn't stop 14 brave souls from exercising on the heath.

We had a fantastic time training outside and got a great workout. It certainly blew away the cobwebs!

## It's Christmas!

Don't forget that BGE will be open for business until 21/12/13. We will be having a short break over the holidays but will be back with a vengeance in the new year...ready to help you kickstart your fitness in 2014.

Class	Day and Time	Last Class in December 2013	First Class in January 2014
Total Body Workout	Monday 09.30	16/12/13	13/01/14
Boxing Circuit	Monday 19.30	16/12/13	06/01/14
Tone up and Shape Up	Thursday 09.30	19/12/13	09/01/14
Core and Flex	Thursday 10.45	n/a	09/01/14
Ultimate Boxercise	Saturday 14.00	21/12/13	11/01/14
Core Conditioning	Saturday 15.00	21/12/13	n/a

## OneSpace update

The flooding at OneSpace was substantial and, now that they have had time to assess the damage, we won't be back there until the end of March at the earliest. Until then, Monday's Total Body Workout will be at St James' Church Hall, Kidbrooke Park Road. Thursday's Tone Up and Shape Up will be at Halton Court, Ensign Street.

## A big thank you from us to you

As we bid goodbye to 2013, we would like to say thank you all for your support this year. We set up BGE to provide you with fantastic classes and to offer you an alternative to having to join expensive gyms. We want to develop the timetable and our venues in 2014 and would appreciate your help in doing that. Have a fantastic Christmas, a happy and prosperous new year and we hope that you stay fit and healthy over the holidays and throughout 2014!

Yours in fun, fitness and friendship

Gina, Danny and Paul



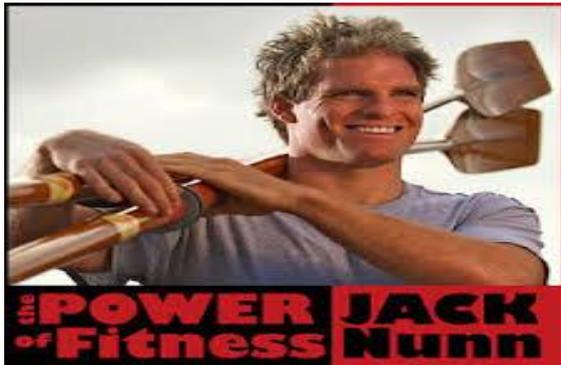
# Blackheath Group Exercise

## Exercises of the month...

December 2013

This month it's all about keeping you moving...to burn off those Christmas celebrations and to stimulate the body and get the blood flowing. You can print this page off and use it to remind you what to do.

- Power Jack (3 x 40 jumps)
- Christmas Circuit (3 x-45 secs each exercise)



Oops – wrong picture of a power jack but enjoy it anyway...merry christmas!

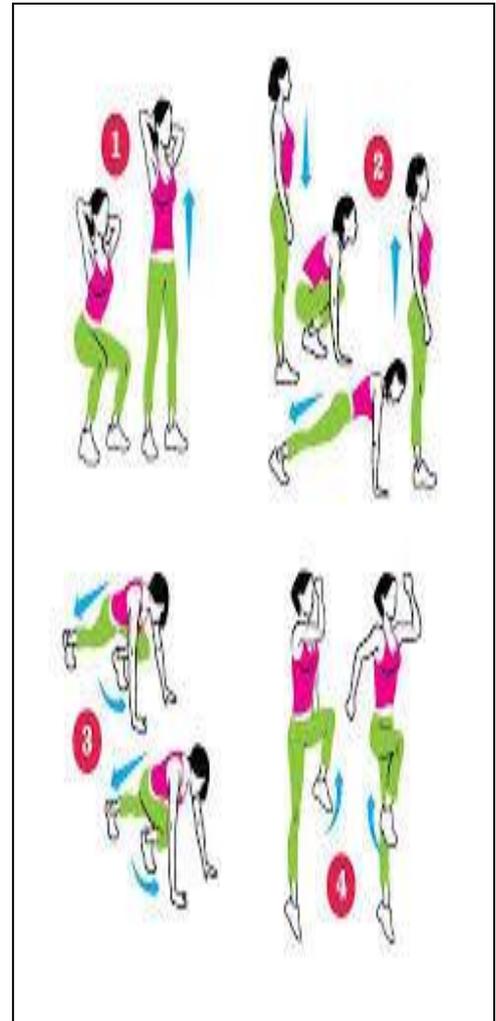
## Power Jacks:

There are loads of teaching points but:

- Start with feet together
- Low impact – keep feet and knees pointing out, step to the side, squat down, stand up and feet back together...repeat the other leg
- High impact – jump feet out to the side, keep feet and knees pointing out, squat down, stand up and jump feet in

**You will work your:**

- Quads, Hamstrings, glutes, heart/lungs



## Christmas Circuit:

### Stage 1 – Squats

- Feet start shoulder width apart
- Squat down (keep head up/stick bum back and down)
- Stand up – keep knees strong but soft (not stiff)

### Stage 2 – Burpees

- Squat down – put hands on floor
- Jump feet back (keep stomach/back strong – think plank)
- Jump feet back in under chest
- Stand up
- Low impact option – just do the middle part

### Stage 3 – squat thrust

- Hands on floor, stomach/back strong (think plank), one foot forward/one foot back
- 'Run' the back leg in/take the front leg back and repeat
- High intensity – run the legs in and out
- Low intensity – walk the legs in and out

### Stage 4 – on the spot running/marching

- Run or power march on the spot
- Keep the knees and arms strong



## Blackheath Group Exercise

## Food Facts and Recipes...

December 2013

### Lunchbox Harvest Muffins



(Thanks to The New York Times and Melissa Clark. It will take about 35 mins)

#### You will need:

- 140grams whole-wheat plain flour
- 5grams baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- 2 large eggs
- ½ cup olive oil
- 1 tablespoon honey
- 70grams dark brown sugar
- 1 small apple (grated and juice reserved – ½ cup)
- ½ cup grated carrots or parsnips or butternut squash
- ½ cup grated courgettes or beetroot
- 55grams raisins
- 40gram desiccated coconut

*Get the vegetables down your kids with this muffin made from vegetables and honey. It's a healthier muffin than the sugary/buttery ones!*

#### You need to:

- Preheat oven to 160C (fan oven)
- In a medium bowl, whisk the flour, baking soda, cinnamon and salt
- In a large bowl, combine eggs, honey, brown sugar, grated apple and juices and the grated vegetables
- Using a spatula, fold the dry ingredients into the wet ones until just combined...gently fold in coconut and raisins.
- ¾ fill each muffin cup and bake for 15 to 18 mins (mini muffins) or 20 to 22 mins (regular muffins).
- They are cooked when an inserted toothpick comes out clean

Vegetables are part of the Carbohydrate 'family'. Our food can usually be categorised into three 'families' or macro-nutrients; Protein, Carbohydrate (carbs) and Fats. The body needs all three of these to function...as well as water.

Carbs can be split into two types; short chain (think fire works) and long chain (think slow burn). Short and long chain carbs can be split further; processed (think man made/affected) and unprocessed (think natural).

Your body processes natural sugars far better than processed; so think fruit and vegetables and natural or whole grain/meal products or flours. Avoid 'white' products, 'bran added' or processed foods whose natural carbs have been processed, which then affects the body badly.