



Blackheath Group Exercise

Welcome to

BGE News!

Issue 3 – October 2013 (What do you mean its half term this month...they've only just gone back!)



(Gina bending over backwards to deliver the perfect class...literally)

Important changes to memberships

Holiday stuff to do

Cakies – a healthy, delicious recipe

Food facts debunked

Aerobathon – a date for your diary

Possible future classes

Exercises of the month

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 October's BGE News...the new newsletter for everyone (and their friends) who comes to any of Blackheath Group Exercise classes.

Important changes to memberships...

Following on from September's newsletter, we are introducing the new

"1 Class Membership"

Starting 1st October 2013, instead of the block booking discount, you pay a monthly standing order of:

- £20 per month for one standard class of your choice or
- £35 per month for one premium class of your choice

All you have to do is:

- Decide which class you want to do
- Tell Danny, Gina or Paul
- Set up a monthly regular payment/standing order
- Turn up to that class and enjoy (no worries about cash)

Effectively, you are saving money over the year and you are still allowing yourself to skip a couple of classes every now and then...but not too often. We can let you have BGE's bank details.

The full range of membership options are:

ALL ACCESS MEMBERSHIP £45 per Month for all classes BEST VALUE OPTION	1 CLASS MEMBERSHIP £20 per Month for a Standard Class of your choice £35 per Month for a Premium Class of your choice BEST FOR SINGLE CLASS USERS	PAY AS YOU GO £5 per Standard Class £10 per Premium Class BEST FOR CASUAL USERS
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YOUR FEEDBACK – OF ANY KIND – IS REALLY IMPORTANT AND WE WOULD REALLY APPRECIATE YOUR OPINION OF OUR NEW MEMBERSHIP.

PLEASE LET US KNOW IF YOU WANT TO TAKE ADVANTAGE OF THE NEW MEMBERSHIP AS SOON AS POSSIBLE. THANKS!

Holiday stuff to do (with or without the kids):

We were asked to come up with some ideas for people to do with their kids – but to find out some different things. Everyone is doing ‘things’ but not everyone is sharing what they are doing.

In the absence of any suggestions, Paul asked a few of his clients what they have done with their kids over various holidays. Here are some of their ideas:

With...

- Boating at Danson Park – sailing lessons at Danson Lake for your kids
www.bexley.gov.uk/index.aspx?articleid=862
- Go Ape at Leeds Castle – they have just introduced a junior section of the popular climbing experience goape.co.uk/days-out/leeds-castle
- The British Museum do great things for kids of all ages
www.britishmuseum.org/whats_on/events_calendar/family_events.aspx
- The National Gallery has loads of events. Have a look at www.nationalgallery.org.uk/whats-on/5-11-activities-sundays/
- Hall Place is just off the A2 and has great gardens and a coffee shop...plus it's free!
www.bexleyheritagetrust.org.uk/hallplace

Without...

- Eltham Palace is great to visit; history, art deco, gardens and a coffee shop
www.english-heritage.org.uk/daysout/properties/eltham-palace-and-gardens
- Lullingstone Castle is a stone's throw from Blackheath but a long throw back into history; have a look at www.lullingstonecastle.co.uk
- Why not go to a vineyard in Kent? There are loads just 45 minutes away. Have a look at the following link www.discoverthegardenofengland.com/places-to-visit/vineyards

We hope these give you some ideas that Paul has had (via his clients – thanks to Cheryl, Tatiana and Sam). If you have any other suggestions (keep it clean), please email Paul on mail@blackheathgroupexercise.com

Protein Cakies

Recipe for Protein Cakies (Not quite Cakes, not quite Cookies) - this batch should make around 12 Cakies...thanks to Louise Hoadley for this delicious recipe. You will need:

- 3 x Scoops of good quality Chocolate Protein
- 1 x Cup (Standard Size) of Crushed Oats (we use M&S Oatbran)
- Half a Cup of Semi-Skinned Milk
- 3 x Tbsp of Coconut Oil (we bought ours from Holland & Barretts)
- 2 x Tsp of Cocoa Powder
- Half a Cup of Shredded Coconut (Optional)
- Half a Cup of Flaked Almonds (Optional)
- 3 x Tbsp of Pure Honey

There was supposed to be a picture of the ones I made before sending out the newsletter – but sadly I haven't had the time to make them...sorry!

I will make them over the weekend of 28/29 September and post a picture on facebook. Why don't you make them and send us a picture? Paulf

Pop all ingredients into a blender and blend til smooth(ish). Use Cake Release Spray for the Fairy Cake Baking Tray (even though they are Non-Stick Trays) or use Coconut Oil. Pop in the oven for 12-15 mins at 200 Degrees Centigrade; they won't expand so spoon the mixture generously!

When you have made yours, why don't you photograph them and send us your picture via facebook. If you have healthy 'treats' you want to share, please send a recipe to Paul and we will include it in future newsletters; enjoy your treats!

Food facts debunked

Whilst on the subject of foods, here are some 'food facts' that need to be kicked into touch (according to Paul)!

- If you eat something – and no one sees you – it has no calories
- When you eat with someone else, your calories don't count if they eat more than you do
- Food used for medicinal purposes never count – this includes Hot Chocolate, Brandy, Chocolate or Cheesecakes/cakes in general
- If you fatten everyone around you, you look thinner
- Broken biscuits contain no calories, the process of breaking causes calorie leakage
- The bubbles in champagne negate the calories contained and the alcohol content

Let us know your 'food facts' and let Danny, Gina or Paul give you their expert opinion!

Aerobathon – a date for your diary

BGE has been asked to help a couple of local charities at OneSpace.

We have risen to the challenge and would like to do a Christmas Aerobathon on Thursday, 5th December. It will be a 90 minute aerobathon and consist of three '30 minute' sessions, starting at 9:30am and finishing just after 11am.

Please put the date in your diary and look out for full details in the next newsletter.

Possible future classes

We are always being asked for more classes and would really appreciate your help. We want you to have the classes you want to do.

Two ideas that we have thought about doing are:

- Wednesday night (7pm – 8pm) circuit – open to everyone who wants to improve their fitness
- Thursday morning (8:30am – 9:00am) running club – a run around Sutcliffe Park to improve your fitness and pick up some running tips

What do you think – are these things you want us to do? Please let us know.



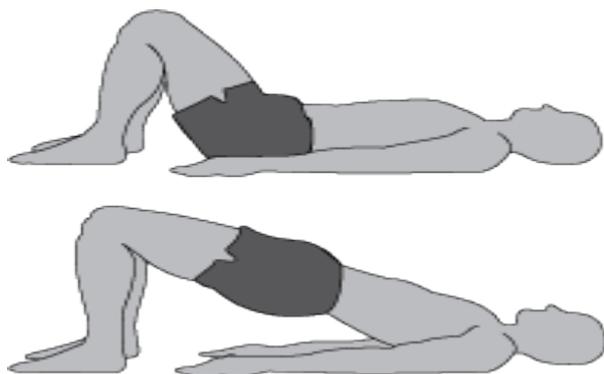
Blackheath Group Exercise

Exercises of the month...

October 2013

Every month we thought we would give you a lower body exercise, an upper body exercise and a core exercise that you could focus on and do when we aren't around. You can print this page off and use it to remind you what to do.

- Hamstring Bridge (3 x 20 lifts – hold 10secs)
- Shoulder Press (3 x 15 light weight or 3 x 8 heavy weight)
- Dorsal Raises (3 x 20 lifts – hold 5 secs)



Hamstring Bridge:

There are loads of teaching points but:

- Lay on your back
- Feet shoulder width or narrower
- Imagine 'walnut' between glutes
- Lift hips to ceiling and hold
- Slowly lower to floor but don't touch floor

You will work your:

- Hamstrings, glutes, back, waist

Shoulder Press:

There are loads of teaching points but:

- Stand (or sit) tall with stomach and back muscles engaged (A)
- Keeping elbows wide lift weights from shoulders up towards ceiling (B)
- Keep the elbows 'soft' at the top of the move

You will work your:

- Shoulders (front, middle and back), abs, back



Dorsal Raises:

There are loads of teaching points but:

- Lay on your front; hands by your sides or by head (picture)
- Breath in on the up/out on down
- Relax your legs and glutes/feet on the floor

You will work your:

- Lower back and spine, sides, core, back of shoulders