



Autumn 2010

With the Summer holidays out of the way and Winter approaching, there's never been a better time to get into exercising. Come on in and talk to our staff about what we can do for you, or Tel 01225 481234 or info@genesisbath.co.uk



Genesis Lifestyle Newsletter

Upcoming Events in the Next Quarter



Sept 19th

Bath, Bradford on Avon and surrounding area bike ride - If you need to take some time out from the tour, why not join us on a casual bike ride to Bradford on Avon and surrounding area. This will not be a race, just a pleasant ride through some of Bradfords' countryside lanes and canal. You will not require a yellow jersey for this!

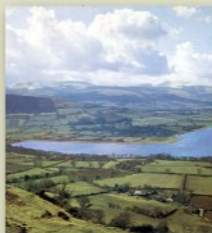
October 3rd

Peasedown and Surrounding area walk - Why not join us for another interesting walk in the Somerset countryside. The walk will once again take us through some historical places and fantastic panoramic views. Then why not join us for a bite to eat in the Prince of Wales pub afterwards.



October 8th – 10th

Ladies challenge – The Brecon Beacons. Join us on a fun packed weekend of activities, laughter and friendship, staying in a 19th century farmhouse in the heart of the beautiful Brecon Beacons. Activities are suitable for all ages and levels of fitness. Pick up a leaflet from reception.



October 16th

Genesis 5k fun run - The second and last one of our 5k series of the year. We had a tremendous turn out for the last one and now you can have another chance to beat your own time. If you didn't do the last one, then why not have a go and record an official time.



Fresh Fruit Crumble

Ingredients

Mixture of fresh fruit
1 tbsp brown sugar and a drizzle of agave syrup or maple syrup
2 cups of porridge oats
2 tbsp of coconut or chopped nuts
Handful of sunflower seeds
2 table spoons of oil

Directions

1. Grease an ovenproof dish with oil and put the oven at Gas mark 5/180C.
2. Put the fruit into the dish and drizzle with a little sugar or syrup.
3. Put the oats, a little sugar and the nuts or coconut into the mixing bowl.
4. Place 2 table spoons of oil and syrup in a pan and melt gently. Pour over the oats and stir well.
5. Spread this mixture over the fruit, sprinkle with sunflower seeds and bake in the oven for approximately 20 minutes. Serve hot or cold. Experiment with the syrup and oats. The flavour can change, depending on the choice of oats.





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Lose Sleep and gain weight? Links between obesity and a lack of sleep have been found by scientific studies. Two hormones that control appetite leptin and ghrelin – are depleted by sleep deprivation, leading to an increase in appetite which can contribute to obesity. <http://bit.ly/a6RyUw> for more information.

Genesis Lifestyle Newsletter

Quarterly news



Testimony Anthony Dew

"As old as my little finger and a bit older than my teeth, that will be 65 and 11 months then!"

How long have you been with Genesis?

I had been in Hospital on two occasions through 2008 / 9 to have my heart put back into Rhythm however the treatment failed on both occasions.

Having had discussions with the consultant at the RUH, it was decided that not a lot could be done for me and I should continue to take the tablets, book a space at Haycombe and go out and enjoy myself.

Not being aloud to exercise for approx eighteen months, I had put on a little weight to the sum of 19stone 4lbs (Arthur has the full details). In discussions with my Doctor it was agreed that I should try and get as much weight off as possible, in a reasonable time and she agreed that I should get to my fighting weight of 15 – 14.5 stones (ps. As I am 65 and 11 months I am in the old English ways, should you want to convert these weights be my guest).

How did you come to join us?

After a lot of walking on my own, I mentioned to my Niece (Ms Paula Habitch), about my weight problem and she suggested that I should join Genesis her club, see Arthur and start on a programme that would suit my problems. I passed the medical (Blood pressure was a non-starter), and in March 2010, I started on my Journey to losing weight and becoming fitter.

What Health and Fitness benefits have you gained since coming down?

Within the first 20 weeks, I had lost a stone in weight and reduced my body fat by 3% this was with Arthur's help and guidance, ((should you know anybody who takes 42inch waist / 40 inch waist (soon if all goes well 38 inch will be available) Jeans I have some they can have)).

My next weigh-in is in September.



Chemicals in vegetables that help the heart

The chemical that gives vegetables their savoury taste helps to lower blood pressure, research shows.

The flavour-enhancing compound, found in all vegetables, could be one of the reasons why the "five portions a day" diet protects people against heart disease.

Vegetables such as broccoli and cabbage are high in the chemical that creates the taste glutamic acid.

Other sources include beans, wholegrain rice, breads and cereals, soy products and durum wheat.

Make the most of your life by learning how to Coach Yourself

Take some time and space for yourself to reflect on the direction your life is taking. Learn what you can do to:

- * Clarify your strengths;
- * Work out your priorities and plan your next steps;

Date: Wednesday 6 October and 20 October 2010 Time: 7.30 - 9.00pm

Cost: £15 per session or £25 for both if paid in advance. Bring a pen and an unruled exercise book (A5+ in size)

There are a maximum of 10 places. To book or find out more, contact Susie on 07776187725/email susie@s-t-m.org.uk

