

Welcome to our Autumn edition newsletter.

Well, summer... What can we say! We hope you managed to grab some sun on your holidays, and if you didn't, well we hope you managed to have a good holiday/summer anyway! It was great to see so many of you so enthusiastic about fitness this summer, this is no doubt the effects of the Olympics. What an amazing time that was! All we've got to do is continue with the buzz that it has created and carry on looking after our bodies. Have you thought about setting yourself a challenge? In this edition we look at a few fitness apps for you to try on your phone, another tasty but healthy recipe from Renee and an interesting article written by Arthur about his journey around France on his bike! See the Members offer too - Enjoy!

Genesis Lifestyle Newsletter

ARTHUR AND HIS SUMMER BIKE RIDE

1st - 11th August

Ever thought about Riding a bike around Europe?
Well, Arthur did so this summer. See our website for the full report!
Meanwhile, here are a few snippets! Enjoy!

"Riding in France is probably the best bike routes you will find in Europe. It is family friendly and the whole of France is at your disposal ..."

"What can they do, arrest the ticket office person?"

"The people are fantastic and there is a great sense of pride. "

To find out more, see our website

www.genesisbath.com

It makes for a good read!

AUTUMN EVENTS



SATURDAY 13TH OCTOBER @ 10am

GENESIS 5K TIME TRIAL

The final 5k run of the year is upon us. Can you better your previous time, or has the Olympics inspired you enough to break the course record? This is open to anyone, be it beginner or veteran.



MONDAY 22ND OCTOBER

GENESIS ROW CHALLENGE

After a very successful Summer Olympics, especially in the Rowing, we've decided to give you whole host of Rowing Challenges to try!



MONDAY 12TH NOVEMBER

COUNTDOWN TO CHRISTMAS FITNESS CHALLENGE

Keep your eyes on the notice board for further details!

eat well feel fab

Renee McGregor

Carrot cake

This cake recipe has been modified so it is lower in fat and sugar than a standard carrot cake but still high on taste and a great source of carbohydrate. Walnuts and walnut oil provide essentially fatty acids and grated ginger is known for its antioxidant properties. A slice of this cake can count as one of your 5 a day.

To make large 8 inch cake which will make 18 large slices and provide: 256Kcals, 36g carbohydrate or which 16.2g sugars, 8.3g protein and 9.6g fat of which saturated 0.9g per serving

150g Demerara sugar

150ml walnut oil

6 medium eggs

450g self raising wholemeal flour

500g grated carrots

200g raisins

150g walnuts (optional)

1/2 tsp vanilla essence

2 tsp mixed spice

1.5 inch piece fresh ginger grated

Continued on reverse...

If you in need of some inspiration to come and get fit then just reflect back on our Paralympians! Wow! The swimming and athletics have been amazing and there are some really awesome success stories against the odds. The wheel chair rugby particularly with mixed teams can be very violent, but as one of our female British players, Kylie Grimes, put it - "Most of us have broken our necks or backs, so this is nothing!" These guys have really been through some tough times to be where they are now, and it makes us appreciate our bodies a lot more. Inspired? We are - PHILIPPA -



We thought seeing as iPhones, Androids and other such devices are being used more and more for fitness purposes that we would review them and recommend our favourite one's for you. Below is a review on a few apps that might help you on your fitness journey.



iFitness

Features include:

- + over 230 exercises and stretches
- + nearly 100 exercise video demonstrations
- + easy exercise logging and graphing capabilities
- + online backup and restore



iSmoothRun

Features include:

- + Tracks your running mileage - Tracking the mileage of your running shoes is essential, because you have to know when it is time to change.
- + Tracks your running cadence (or stride frequency).
- + Keeps a detailed log of all your runs.
- + only compatible with the iPhone



RunKeeper

Features include:

- + Tracks and uploads your routes to a database online
- + Tracks your running speed
- + Gives you Split times to see when you are stonger and when you start to decline
- + You can share with your friends
- + Tag yourself as a runner, triathlete, cyclist, gym user and many more.

- Beat the oil, sugar and eggs together until well mixed
- Fold in the rest of the ingredients
- Pour into a large loaf tin
- Bake at gas mark 4/180 °c for about an hour

For an extra serving of dairy , and to help count towards your calcium requirements you could serve with homemade custard, using skimmed milk or try some low fat frozen yoghurt. Studies have shown that those individuals who consume higher intakes of calcium foods from low fat dairy sources tended to be leaner than those who don't!



Follow us on Facebook and Twitter!

We aim to put some advice on most days, give you more info about us, and to have a laugh with you guys and anyone else who might be interested! Keep your eye out for Competitions, one off deals and other fun stuff!



Find us on Facebook under "Genesis Lifestyle Centre"



For Twitter search "GenesisGymBath"

8 WEEK COUCH POTATO COURSE

This 8 week programme might just be the thing to give your loved ones the prod they need to get off the sofa! This programme is designed for beginners, including 2 fully supervised sessions a week. Now available for only £95!! (normally £130)

Offer open to start the course between September 20th—October 20th

For more info please contact us on (01225) 481234 or Email: info@genesishbath.co.uk

