

Welcome to our Autumn edition newsletter.

You will find in this edition, another great recipe from Renee McGregor that is perfect for a family to cook together, or those who are wanting to get more protein in their diet. You'll also read about a 10k run that is happening in November, which a few members of staff will be running hopefully alongside you guys too!? If you're interested, Philippa has already put together a training plan for you. Check the events list for other important dates, and information on a new Massage Therapist, Andrew Maggs who will be joining the team along with an introductory offer not to be missed. Read our latest testimonial, and can you help us with a favour? Plus more. Hope you enjoy the read.

## Genesis Lifestyle Newsletter

### Why not try a 10k?

By Philippa Spruit

For all you budding runners we have found a flat 2 lap 10k race suitable for beginners on the 19<sup>th</sup> of November in Swindon. Philippa has written an 8 week training plan for the race (available from reception) and is organising 6 training runs over the 8 weeks at different times of the week so hopefully you can get to one or two.

#### Training Run times are:

1. Mon 23<sup>rd</sup> Sept 7pm
2. Sat 28<sup>th</sup> Sept 9am
3. Fri 4<sup>th</sup> Oct 11am
4. Mon 14<sup>th</sup> Oct 7pm
5. Sat 9<sup>th</sup> Nov 9am

#### Swindon 10k - Wroughton

Sunday 17<sup>th</sup> November

Entry fee (If paid in advance): £11

*"We can car share, and make a fun day of it!"*

To enter the race go to [www.grassrootsevents.co.uk](http://www.grassrootsevents.co.uk)

Its £11 to enter (more if you turn up on the day)

Go on.... give it a try!

### AUTUMN EVENTS

4th - 6th OCTOBER

#### MENS CHALLENGE—MERCY IN ACTION

Join MIA for an action packed weekend of challenge, determination and fun, staying in a 19<sup>th</sup> century farmhouse in the heart of the beautiful Brecon Beacons. See desk for more details.

MONDAY 19TH OCTOBER

#### GENESIS 5K TIME TRIAL

##### In aid of Mercy in Action

Yet another 5k run for you to analyse how well your training has gone. Great for beginners, great for advanced runners wanting to increase speed. Come along!

#### ROWING CHALLENGE

A chance for those of you who aren't so keen on running to test yourselves on a variety of Rowing distances!

SUNDAY 10TH NOVEMBER

#### COUNTRY SIDE WALK WITH ARTHUR

This will be another chance to go on one of Arthur's well planned, spectacular countryside walks. It's a great way to see the country, as well as keeping fit and a good social gathering!



### eat well feel fab

Renee McGregor

Red meat has had a bad press in recent years but it is still by far the best source of iron, necessary for efficient oxygen uptake in the blood; just one home-made burger, made from 85g of 10% lean mince can provide 14% of your RDA for iron. Additionally this serving size will provide 38% RDA of Zinc, which boosts the immune system and helps the body to utilise carbohydrates more effectively.

Try this quick and easy burger recipe for an anti-oxidant boosting chilli kick:

1. In a large bowl mix together lean mince, garlic, tomato ketchup, mustard, egg, chilli and onion; with your hand mix until the ingredients are well blended.
2. Just before cooking, add some spring onions and basil to the mixture and divide into four patties.
3. Heat a little olive oil in a large non-stick frying pan and fry the burgers.

Serve with a wholemeal bap and salad for the perfect combination of slow release carbs and protein. Per burger provides, 462Kcals, 30g carbs, 23g protein and 12g fat



## "COULD YOU HELP US WITH SOMETHING?"

We now have leaflets promoting our Crèche and Louisa, our wonderful Norland Nanny, who adores babies.

If you are involved with a preschool or nursery group or just have a neighbour with pre school children, we would really appreciate it if you were able to take one or two and pass them around. Word of mouth from you, our lovely members, has always been the best possible testimony we can have. Many Thanks, Philippa

## WEIGHT-LOSS MYTHS

Here we analyse weight loss myths that we can so often believe. This will become a regular feature in our future newsletters, so keep your eyes peeled.

### "MUSCLE WEIGHS MORE THAN FAT"

This is a common myth that a lot of people talk about but how can it be true? One pound of fat weighs the same as one pound of muscle so where does the myth come from? Well, muscle tissue is denser than fat tissue and this is where it originates from. Five pounds of fat will be larger than five pounds of muscle, but they still weigh the same. A person who weighs 10 stone and has 15% body fat will look smaller than a person of the same weight but who has a body fat percentage of 30%. If you're struggling to lose weight, it may be that you are losing body fat, and adding muscle, which is denser - so you'll be smaller but weigh the same.

## Please Welcome Andrew Maggs to the Team

Andrew Maggs is a qualified Sports Massage Therapist with over 14 years experience. Clients include Olympic medal winning athletes as well as builders, musicians, Professional drivers and hairdressers etc. Andrew became a Sports Massage Therapist in 1999 after studying at City of Bath College and subsequently took the academic route and gained a Level 4 qualification from University of Teeside in 2009. Since then, he has attended courses in Myofascial Release, Trigger Point Therapy and most recently the 'Kinnective' course in Instrument Assisted Soft Tissue Manipulation (IASTM).

### ANDREW IS AVAILABLE ON:

- Tuesday afternoons 12:15 - 5:45
- Saturday mornings 9 - 12

### INTRODUCTORY OFFER:

All 1 HR Treatments now only

£29.75!!

Normally £35

## MEMBERS TESTIMONIAL

### SARA WILTSHAW

#### GOALS:

- Get back to a good level of fitness after a back injury
- Run the Bath Half Marathon
- Get into a good physical shape for her 50th Birthday

I worked with Nathan over a seven month period to help me regain my fitness following a back injury, to ensure that I could run the Bath Half Marathon and also to get me back in shape for my 50th birthday!

I have worked with personal trainers before, and have often been disappointed by their approach, so I was apprehensive at the start. As it turned out I needn't have been, I found Nathan to be just what I needed - he has a lovely manner, was a great support and was always able to find some positive words of encouragement to push me towards my goal. I would strongly recommend him and other members of his team at Genesis.

## WHAT HAVE YOU ACHIEVED THIS SUMMER?

We would like to know, so please email us with your achievements. It does the soul good to hear of good news, so get sharing!

[info@genesisbath.co.uk](mailto:info@genesisbath.co.uk)

Find us on Facebook and Twitter for news, updates and for special offers!! For you and your friends and family to enjoy!



Search for  
"Genesis Lifestyle Centre"



Search for  
"GenesisGymBath"

## 8 WEEK COUCH POTATO COURSE—OFFER!!

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@genesisbath.co.uk](mailto:info@genesisbath.co.uk)

