

Welcome to our Autumn newsletter where we want to encourage and motivate you into getting back to exercise! Now that the summer holidays are over there is never a better time to get started again. Make sure you pop in and talk to one of our friendly staff for any tips or give us a call on 01225 481234. We are always happy to help! We also have a range of treatments available for booking from our very experienced physiotherapists and chiropodist.

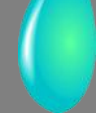
Getting back into routine

If you've just had two months off from school holidays or a long break away across a sunnier part of the world then you probably want to know how to get back into that routine frame of mind? Here are 5 steps towards achieving your goals.

1. Plan ahead! Scheduling in your diary when you have free time can help you to make sure you have time to look after yourself. Pick up one of our workout calendars to help keep you motivated and tick each workout off.
2. Get a great work out in 30 minutes ! If you are limited for time then change up your routine and make it challenging enough by increasing the weight with less repetitions or going a bit faster on the treadmill for less time. Using compound exercises that utilise all your muscles at once will not only be quicker but more effective.
3. Make it fun by working out with a friend! You can be more creative with your workouts when you have a gym buddy with you and a bit of competition can go along way.
4. Creating a gym playlist on your iPod! Nothing helps us more than exercising to some good music! It helps you to feel more motivated and get in the zone. Take time to find your favourite songs and get moving!
5. Be consistent! Just because the first session back felt hard don't give up! You'll be surprised at how quickly you will build your stamina back up. Muscle memory is great at getting you back to where you were just after a few sessions.



Myth Busters

“If you are not sweating enough you are not working hard enough” ...False!  Sweat by itself does not indicate a higher fat burn. Sweat is one of your body's cooling mechanisms. When your internal temperature begins to rise, due to either metabolism or working muscles, the sweat glands are stimulated. The evaporation of sweat off of your skin produces a cooling effect.



5K FUN RUN - OCTOBER 17TH

The second and last one of the year! We had a great turn out back in May and now you can have another chance at beating your last time. If you haven't tried it before then sign up and ask one of our trainers to help you work towards completing your first 5k. Entry forms available at reception. All proceeds go to Mercy In Action.



Members Testimony...



Be sure to give us a like on Facebook!
"Genesis Lifestyle Centre"

Name: Sarah Andrews
Time at Genesis: 10 months

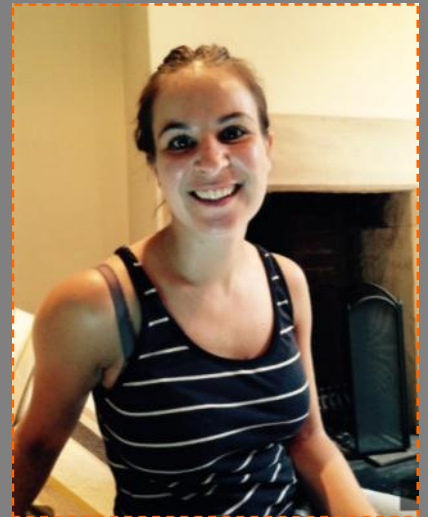
Why did you join Genesis?

As a non-gym lover I joined the gym last October to help with recovery from my knee surgery. I ruptured my ACL playing hockey and needed to strengthen my legs to be able to return to team sports. I have always played sport and love being part of a team and have avoided the gym at all costs...but not anymore!

When I joined Genesis the whole team were really welcoming and helped come up with a personal programme that aided in recovery. They were all really friendly and made me feel welcome, they all knew my name with a matter of weeks. Surprisingly, I started to really enjoy the gym with their support and the varied programmes they have designed for me. The trips to the gym are enjoyable and challenging. The added benefits of feeling fitter and healthier and the fact my pre injury clothes now fit keeps me returning!

Are you back to playing sports?

Yes! Within 2 months I was able to start playing friendly football again and by Easter I was skiing. Genesis has helped me to gain the confidence and strength to get back to playing sports. I am now regularly playing netball and football but with my new found love for the gym I go twice a week!



AUTUMN SALE!

**SIGN UP TO OUR
COUCH
POTATO PROGRAMME
FOR ONLY £99!**

USUAL PRICE AT £130.

This is an eight week programme designed to lead you gently into exercise with twice weekly fully supervised sessions.

You will have your own programme tailored to your goals so sign up and let Genesis motivate you!

Valid until October 31st

Sweet potato and quinoa salad

- 1 medium sweet potato
- 2 1/2 cups cooked quinoa
- Pinch of sea salt
- 1 red bell pepper, cored, seeded, and diced
- 1/4 cup minced red onion or shallot
- Freshly ground black pepper
- 1/4 cup extra virgin olive oil
- 2 tablespoons balsamic, sherry, or red wine vinegar
- 1/4 cup minced fresh chives



1. If you haven't already, cook the quinoa. Drain in a strainer and rinse. Meanwhile, peel the sweet potato and dice it into 1/2-inch or smaller pieces. Cook it in boiling salted water to cover until tender, about 15 minutes; drain well.

2. Toss together the potato, quinoa, bell pepper, and onion; sprinkle with salt and pepper. Whisk the oil and vinegar together and toss the salad with about half of this mixture; add all or some of the rest to taste. Taste and adjust the seasoning, garnish with the chives and serve.

STUDIO CLASSES!

Want to get more out of your workouts? Then why not try one of our classes for that extra push!

- CIRCUITS - MON @ 6PM
- BOX FIT - MON @ 7PM
- SPORTS STRETCH - TUES @ 8PM
- SCULPT & TONE - WEDS @ 6PM

For full class timetable pick up leaflet at reception!