

## Introducing Louisa Baker to our genesis team.

Louisa has been with us for a few months now but is doing more and more hours and we thought she should have a proper introduction. Louisa is 20 and has worked in the fitness industry for over 2 years. She is passionate about exercise and classes and rather unusually combines this passion with song writing and singing. She is studying song writing at the Bristol Institute for music making (BIMM) and is also part of a girl band "The Baronesses" Louisa has a great sense of humour and really enjoys working with our clients at Genesis. Do book a session with her in the gym or book her band for your next party....

## Genesis Lifestyle Newsletter

### Events List 2011

#### May 1st - Corsham St Georges 10k

A very good course for your first 10k or a good course to improve your 10k times. This will be the first of a series of 10ks which we will advertise throughout the year. See website for details. [www.corshamrunningclub.co.uk](http://www.corshamrunningclub.co.uk)

#### May 7th - (This is a Saturday) 10am - Genesis 5k Time trial

Whether you are a beginner or if you want a target to get you into running, then this could be the catalyst. Simply talk to one of our instructors to set your training regime. Why not bring a friend as well! Look out on the notice board for details or call Arthur for more information.

#### May 15th - Casual lane cycling around Bath

This ride is ideal for the beginner to intermediate cyclist. The distance covered will depend on the day but expect distance to be up to 30 miles. See board for details.

#### May 15th - Bristol 10k

Fancy a bit of a change. Join in with approximately 17000 other runners as they try to raise a lot of money for local charities. A flat and fast course, this will be ideal for beginners or record breakers alike. (Go Jo Thompson! Whoop!) See website for details. [www.runbristol.com/10K](http://www.runbristol.com/10K)

#### May 22nd - Keynsham 10k

Talk about variety! This is the month of 10ks. You have no excuses. Choose your event and enjoy it! See website for details. [www.1stkeynshamscouts.org.uk/roadrace](http://www.1stkeynshamscouts.org.uk/roadrace)

### 5k Genesis fun run | Saturday 7th May 10 am | Flat course

Why not join us in our first 5k fun run of the year. If you have already done this run, it would be a great opportunity to see how you compare to last time. All the times are on a spread sheet but not published!! If this is the first time, then you will have another opportunity to better your time in our second run in October. This is a great opportunity for new runners who have just ventured off the treadmill to the great outdoors to test themselves out. Historically, it has turned absolute beginners into 10k runners and then onto half marathons. So you never know, this could be the start of something big. Please fill in your entry form at reception.

Entry fee - In aid of Mercy in Action our Genesis Charity  
Member £4 Non member £6

Traditional  
apple  
crumble

Vs

eat well  
feel fab  
Healthy crumble

#### Traditional Ingredients

For the crumble

- 300g/10½oz plain flour, sieved pinch of salt
- 175g/6oz unrefined brown sugar
- 200g/7oz unsalted butter, cubed at room temperature
- Knob of butter for greasing

For the filling

- 450g/1lb apples, peeled, cored & cut into 1cm/½in pieces
- 50g/2oz unrefined brown sugar • 1 tbsp plain flour
- 1 pinch of ground cinnamon

The above version is full of additional fat and calories so although generally thought of as a healthier choice because of the fruit content from the stewed apple, it is still not really guilt free.

#### "Eat Well, Feel Fab" version

For the crumble:

- 125g wholemeal plain flour • 150g oats
- 75g sunflower seeds • 25g brown sugar
- 50g olive oil spread

For the filling:

- 225g cooking apples and 225g eating apples stewed with 2 tbsp water and 75g raisins
- Pinch mixed spice

By using a mixture of apples and raisins in the filling, it takes away the need to add so much sugar to sweeten the filling. By using oats and wholemeal flour we add fibre to the pudding and the sunflower seeds add extra bite, essentially fatty acids, vitamins and minerals, making this a nutrient packed pudding but remember to still watch your portion size!

Recipe supplied by Renee Mcgreggor our resident dietitian and fitness trainer. Do book in with Renee for a nutritional consultation if you think your eating habits need an overhaul.



## Junior Genesis and Teen Genesis

are our term time exercise classes and nutritional advice sessions for children. We have now run successfully for the term and the children love them. If you think your child might be interested the next course starts on the 26th of April and runs for 12 weeks. Leaflets available in Reception

## Christine Leakey - Testimonial

I Was an M&M, a mum with no Metabolism and Motivation. Over the years I had lost both, I had struggled to lose the 'excess baby blubber' after having 3 children but after they had grown up considerably I really could not use that excuse and hide behind that any longer, I had done all the diets and spent a fortune doing weekly weigh ins and yes for a while they worked, but after all that stops the weight goes back on and double. I had no motivation; I had had a bad back and got flat feet so exercise was never really an option.

Motivation kicked in when my youngest son got married and I wanted to look my best, so I decided to ask the practice nurse at the surgery to help me, she helped me, encouraged me and after 8-9 months I had only lost a few pounds, not the result I wanted. Her Advice to me was to find my metabolism and do some exercise, that was the kick I needed to hear.

I had heard that a Spin Class would be good for exercise, So tried it, quickly finding out that it was not just cycling, and that I really was unfit. The next step was to enrol for an 8 week programme, with 2 supervised sessions a week. The course was called 'Couch Potato! NO WAY was I going to label myself as that, so with a Positive mindset and a lot of encouragement from the genesis staff I joined. It was tough at first, but I got into it and found that I started to change shape, my son bought me my first ever decent pair of trainers and I began to feel good about myself. Since then I have continued to go, having lost a dress size and well over 1 stone in weight. I feel brighter and fitter; this is the life style to keep with.

Genesis lifestyle has become part of my life routine; I am no longer a couch potato but a Mum with motivation and metabolism...

Thank you to all the Genesis staff .....



## Inch Loss Summer Challenge

1st May-  
30th June



The idea of this is to lose an inch round waist, hips leg or arms, in the two months running up to the Summer.

Simply take one of the forms from the challenge board, Book in with a member of staff to measure you (confidentially) and put the results in one of the envelopes seal it and pin on to the board.

In two months time the same member of staff will remeasure you, and see how you have got on.

It might just help you get in trim for your summer holidays.....

Prizes for those who have lost the most inches.

Do you have friends who would like to use the gym but have babies/ young children to look after? Would you be please pass on the free Creche voucher on to them to come and give the crèche and gym a try.

## Genesis Creche and free trial Gym/class session

This voucher entitles the bearer to one free crèche place and trial gym session or fitness class  
Valid until 30 /June 2011

The Genesis crèche is for babies and children from 6 weeks up to school age. Run by our excellent Norland Nanny Louisa Budd the crèche is open 3 mornings per week. Tuesday Wednesday and Thursday (9 am – 12)  
We provide quality care for your bundle of joy whilst you get your body back into shape.

