

## Getting a Good Night's Sleep?

Adequate rest is a big part of any formula for fitness and health, according to the American Dietetic Association. Getting a good night's sleep is integral to all the body's systems. The brain, endocrine and cardiovascular systems restore the body throughout the night, improving functioning for the next day. When the body is well-rested and not constantly looking for energy because of fatigue, it is easier to make good choices.

# Genesis Lifestyle Newsletter

## SPINATHON

On 25th February we hosted a "Spinathon" in aid of Peter Pan Pre-school. The aim was to raise money for the pre-school so that it could enable disabled access into their facilities as well as new garden doors.

We successfully had at least 1 Spin bike spinning for the whole 8 hours, with many of the hours full up which was great! They raised £600+ on the day with more sponsorship money coming in! Good Work! On behalf of Peter Pan Pre-school we want to thank you for supporting them in the way you did.



## eat well

feel fab

Renee McGregor

### Mixed Nuts Pesto

In order for muscles to repair and re-synthesise they require the right proportion of carbohydrate and protein. Meat is often the first choice when people think of high protein foods but how about increasing your intake of nuts.

Nuts provide essentially fatty acids, the anti-oxidant Selenium and Vitamin E; bone building calcium, Iron and zinc. Try making a pesto with a mixture of nuts: blend brazil, cashew and hazelnuts with basil leaves, white wine vinegar, chilli and a small amount of walnut oil. Mix into pasta and serve with roasted vegetables – courgettes, tomatoes, aubergines and peppers go well.

Provides 600Kcals

65g carbohydrates and 25g protein



## SPRING EVENTS LIST



**APRIL 23RD 2012:**

### Row Time Trial Challenge!

The indoor rowing machine provides a total-body low-impact strength and cardiovascular workout. You can use the rower to improve fitness, lose weight, cross-train for other sports or rehabilitate after injuries or surgery. This Challenge will push your limits, who will be the fastest?



**MAY 12th 2012 :**

### Genesis 5k Time Trial

This will be the 1st 5k Run of the year that we will be hosting. It's a chance for those of you who have done them before to better your times, and it's achievable for new runners to work towards as well! Sign up at Reception or online on our website.

### SUMMER OLYMPICS 2012:

We are planning a series of events and challenges to celebrate the summer Olympics coming to the UK. This will kick off on Tues the 22<sup>nd</sup> of May (the Day of the Torch relay) where we will be asking you to sign up for a 15 minute stint on the treadmill carrying the Olympic torch... Its all for charity. Also on that Tuesday the classes will have an Olympic theme and in the evening there will be a beginners training run again with a torch.... The theme will continue the whole summer and we will be launching a Challenge for families, teams or individuals to get more active, learn a new sport and have fun. See the notice board for further details and get inspired by London 2012



### New Prices:

As you are all aware costs are continually rising and we have not had any change in prices for 8 years. We have reviewed our price list and had to tweak some of our prices. For members paying on standing order or a year up front, there will be no change. If you want to put your membership on a standing order then it will also stay at the same rate (Remember a standing order is not a contract, you are in control). For class and crèche users there are discounts for loyalty so the price will be the same as you are paying now if you buy a session pass but will be slightly higher if you just pay for one session. I hope you appreciate that we needed to make these changes, they will come into effect on the first of May with offers on in April to sign up at our current rates.

### Quarterly News

#### TESTIMONIAL: VAL JOHNSON



Wow! From what Derek has told me I have been a member of Genesis for over 10 years. During that time I have attended the gym on average 3 sessions a week.

After having my kids I found I was left carrying far too much weight and knew it had to go!

Before joining Genesis I did try a couple of other gyms but something was lacking so I decided to follow the sign to the lifestyle centre. I was met by Tim who suggested I should start on a Couch Potato Programme - and have never looked back since.

The Trainers have always been really friendly and interested in keeping me motivated. They helped me lose weight (over 1 stone in recent months), feel much fitter and in turn I have run several 10K's and a half marathon, which I would never have thought possible before joining. My fitness programmes and 1:1 sessions have been fun and challenging and always varied. Roll on the next 10 years!



Just a quick update to let you know that Arthur is stepping down (no... not at Genesis!) as a Cardiac Rehab Instructor up at Culverhay School. Arth had been doing it for 15 years, and has decided to call it a day to free up some evenings. He's been a great servant to the cause, and we want to say well done for all your hard work. We're sure there are plenty of people who you've worked with that want to say a big thank you!

#### Please can we have your email address?

So that we can get in touch to let you know of:

- New Newsletters
- Bank Holiday Opening Times
- Upcoming Events
- And other Important Information

If you're happy to hand us your email address, please go to Reception.

#### Know your Core muscles!

- Nathan

You'll hear a lot that in order to have better posture and to reduce the risk of lower back pain you need to work on your Core muscles. But what are your core muscles!?

You'll be surprised to know that the Rectus Abdominis, otherwise known as the six pack isn't one of the main core muscles!

There are 5 important core muscles, these are (followed by best exercise):

1. Pelvic Floor muscles  
- Pelvic Tilts
2. Transverse Abdominis  
- Pull the belly button in and tense
3. Multifidus  
Plank /Supermans
4. The Internal and External Obliques  
- V Sit Twists/Ab Crunch Twists/Rotary Torso
5. Erector Spinae  
- Bent over row/Squat

These 5 muscles (along with best exercise) are attached directly or close to the Spine itself, and when done correctly strengthen and stabilise the Spine. Giving better posture.

If you would like to know more, or have a trainer give you a core workout programme please don't hesitate to ask.

#### You can now 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"

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

#### Genesis Crèche 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 MAY 2012

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) and Mondays from 12-1pm We provide quality care for your bundle of joy whilst you get your body back into shape.

