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STRETCH!!

Simon Says!

Why?

Regular stretching can improve your flexibility, eliminate muscle stiffness can help reduce stress through relaxed breathing.

When?

After a thorough cool down at the end of your workout. Stretching is also beneficial after strenuous activity or if you just have stiff muscles. Ensure that you have cooled down properly before stretching.

How?

Focusing on the muscles exercised; hold each stretch for 30 seconds. This extended stretch develops muscle flexibility. While stretching, breathe in through the nose for 3 seconds and exhale for 5.

Which muscles?

As well as the major muscle groups: chest, back and legs (Quads, Hamstrings, Calves), the core area also benefits greatly from stretching.

Stretching the hip flexors, lower back and Glutes (bottom muscles) will strengthen and can also aid in the recovery of these very important muscles.

And Finally...

The upper back, shoulders and neck can stiffen as a result of stress. Light stretching can relieve stress and reduce discomfort.

If you have any questions about stretching please ask one of the Genesis trainers. Or if you would like to get a better idea of how to stretch thoroughly why not try the Sports Stretch class on Tuesday evenings at 8 p.m.

Rowing PEAK challenge

This new challenge for Spring is to row the heights of some of the biggest peaks in Europe. The distance's will be challenging mentally and physically—are you up to it?

Mount Elbrus (Russia)

5,642m

Mont Blanc (France/Italy)

4,810m

Zugspitze (Germany)

2,962m

Hoverla (Ukraine)

2,061m

Ben Nevis (Scotland)

1344m



ROWING PEAK CHALLENGE

eat well feel fab

Renee McGregor

Mackerel and butternut squash fishcakes:

- peel and boil half a large butternut squash, mash with a small amount of skimmed milk;
- add in tinned mackerel and herbs for flavouring.
- Shape into fishcake patties and place in fridge for 30 min.
- Remove and shallow fry in a non-stick frying pan, serve with chickpea salad



WEIGHT LOSS MYTHS

“MUSCLE WEIGHS MORE THAN FAT”

You probably hear this being used quite a lot but it isn't actually true. The truth is, one pound of muscle weighs the same as one pound of fat and are anatomically different from one another.

5K TIME TRIAL



17TH MAY 2014 @ 10AM

On the above date we will be hosting our 1st 5k run of the year. It's a great way to build up your fitness, improve your time over a longer distance or simply if you have run it before and would like to beat your time. It suits, beginners and advanced alike.

ALICE LITTLE

SEE ATTACHED PHOTO TESTIMONIAL

Just over a year ago I realised that I'd reached my heaviest weight ever. I was worried about the health implications and unhappy with what I saw in the mirror. I knew I had to make a change, so decided to get active and start eating better.

Losing weight has been a slow but steady process and Genesis has really helped me to stay on track when I felt like giving up. In 14 months I've lost over 4 stone, shed 11 BMI points and am now in the 'healthy' weight range.

As a morning person, early opening hours at Genesis help me make fitness part of my routine. I like to get my exercise out of the way when I'm full of energy and there aren't many people around to spot me huffing and puffing!

Every two weeks I have a personal training session and Arthur is always tweaking my programme to keep me just out of my comfort zone. I get bored easily, so having constant challenges and new goals keeps me motivated and excited about coming back to the gym.

Feeling fitter and stronger is wonderful. When I started at Genesis, I couldn't run for more than a minute without getting out of breath. Just over a year on, I'm ready to sign up for my first ever 10k race and am confident I'll be able to run the whole thing without stopping.

Thank you to Arthur and the whole Genesis team for helping me to enjoy being active – something that will hopefully stand me in good stead for keeping the weight I've lost off!



Bristol 10k

A few of us (staff and members) will be running this event, would you like to join us? We can help you out with a running programme to help you along the way. Whether that be getting a better time or for first timers!

MAY 11TH 2014 - 9.30am

Sugar is 'the new tobacco': Health chiefs tell food giants to slash levels by a third



- **Doctors and academics say levels must be reduced by up to 30 per cent**
- **They found that even zero-fat yoghurts can contain five teaspoons of sugar**
- **Heinz tomato soup has four while a Mars bar has eight teaspoons of sugar**
- **Obesity and diabetes already cost the UK over £5billion a year**

Graham McGregor, a professor at the Wolfson Institute of Preventive Medicine in London and chairman of Action on Sugar, said: 'We must now tackle the obesity epidemic both in the UK and worldwide.

'We must start a coherent and structured plan to slowly reduce the amount of calories people consume by slowly taking out added sugar from foods and soft drinks.

'This is a simple plan which gives a level playing field to the food industry, and must be adopted by the Department of Health to reduce the completely unnecessary and very large amounts of sugar the food and soft drink industry is adding to our foods.'

Dr Aseem, the group's science director, said: 'Added sugar has no nutritional value whatsoever, and causes no feeling of satiety.

'Aside from being a major cause of obesity, there is increasing evidence that added sugar increases the risk of developing type 2 diabetes, metabolic syndrome and fatty liver.

'We must particularly protect children from this public health hazard and the food industry needs to immediately reduce the amount of sugar that they are adding, particularly to children's foods, and stop targeting children with massive advertising for high calorie snacks and soft drinks.'

All of us here at Genesis would agree with the above, and would advise reducing your sugar intake as much as possible. A lot of where sugar comes from is in Simple Carbohydrates (Chocolate, fruit juice, cake, biscuits and some cereals) and it is better to limit them as much as possible and eat more Complex Carbohydrates (vegetables, lentils, pasta, beans). Complex carbs provide energy much longer throughout the day, meaning you'll be fuller for longer. Eating Simple Carbs spikes your sugar levels and gives you a high, but you only come back down again and are hungry in no time at all. If you would like more info on sugars, then please do ask the team here at Genesis.

Alice Little - A Wonderful Success story!



ALICE'S KEY INGREDIENTS TO SUCCESS ACCORDING TO ARTHUR

- A Healthy helping of Determination
 - A big portion of Motivation
 - Smattering of Dedication
 - Heaps of Perseverance
- Finally, add some self discipline and you have the perfect ingredients!!