



# Summer 2010

With Summer finally here and sunny holidays coming soon, what better time to get into shape? Pick up a slip from reception for details of our Summer opening times. Tel 01225 481234 or [info@genesisbath.co.uk](mailto:info@genesisbath.co.uk) visit us at [www.genesisbath.co.uk](http://www.genesisbath.co.uk)

## Genesis Lifestyle Newsletter

### Upcoming Events in the Next Quarter

#### Junior Genesis - for children 5-11

- Are you worried about your children spending the holidays in front of the computer?
- Need ideas to get your children more active?
- Are you looking for help to improve your child's eating habits?
- Does your child need motivation to exercise?

Junior Genesis is a six week exercise and healthy eating programme over the school summer holidays designed and run by fully qualified and CRB checked fitness instructors and dietitian.

Junior Genesis involves 2x 90 minute sessions per week. Which include fun age appropriate exercise and dietary advice.

£60 for 6 weeks - Includes FREE gym sessions for parent/carer (allowing time off for your family holiday).

For further information:  
Call us on 01225 481234  
or pop into Genesis Lifestyle Fitness Centre  
Station Road, Bath, BA19AB



#### Genesis Crèche

Did you know our crèche runs 3 mornings a week, Tues /Wed/Thurs 9 – 12 and can take babies from 6 weeks up to school age children. We currently have an introductory offer for Mums keen to try the crèche and to get fit. Alice who runs the crèche is looking forward to welcoming you and your baby to Genesis.

#### Cut the risk of cancer with exercise

Breast cancer research has found that rigorous exercise can cut the cancer risk in the over 60s. Women of a postmenopausal age who regularly carried out strenuous exercise are 30% less likely to develop breast cancer. The charity tracked more than 32,000 women over 11 years. In addition to this finding it was revealed that a lack of exercise could actually increase the risk of developing breast cancer. At the same time a European study involving 20,000 women revealed that frequent light exercise, even housework, cut the risk of the disease by the same 30%. Something to take from the two studies is that the frequency of exercise is the key factor; whether strenuous or not, it has important health benefits.



#### Spicy South Indian Salmon

Brimming with Vitamins A and D, and plentiful in omega-3, oily fish are worth making a meal of anytime of the year.

#### Ingredients - per portion

A palm sized portion of Salmon (fillets or steak)

Crushed garlic to taste, but allow around a clove per portion

1 tsp of olive oil

1 tsp of good blend of curry powder (again, use your judgement and taste to guide you)

A pinch of salt

A squeeze of lemon juice

#### Directions

1. Pop the Salmon into a dish and douse with the rest of the ingredients. Massage the fish until thoroughly coated and infused and leave to marinade for around 10 minutes.
2. Get the grill hot and cook the fish for around five to six minutes per side until the flesh flakes easily.
3. The not overpowering spices, together with the light texture of the Salmon, are an ideal partner with plain mains like brown rice (or boiled potatoes if you really can't forgo your Friday night fix). Otherwise, cool and serve flaked over fresh salad leaves. Serve with salad and fruit.





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**TRIAL MONTH GYM/CRECHE** - 4 week introductory offer, gym and crèche twice a week for £49. You will get a fitness consultation and programme card followed by 8 sessions where you book in to be guided through your programme, (normally £65). Your little one will get 8 one hour crèche sessions (normally £2 session). Now you can get back to shape knowing your baby is close by and being well cared for. Please bring this voucher to claim the offer.



## Quarterly News



**Sun 27th June Garden Party**  
1.00pm - 6.00pm @ 305 Keslton Rd, Bath

In aid of Mercy in Action  
Cream Teas, BBQ, Bouncy Castle, Face Painting  
Coconut Shy, Raffle and Gingerbread man decorating!  
No admission fee, just a small charge for food. Tel 01225 446332 for more details, (just the thing after the Priston walk in the morning!)

### Tony Comer

#### Life after a near death experience

I decided at the start of 2009 that I needed to start some serious exercise again. Although I play the occasional game of golf, I had put on some weight and was suffering from 'highish' blood pressure. In addition, my wife has some mobility problems and if ever I was unable to support her, the consequences would not bear thinking about. By October, I had lost 11 lbs, my blood pressure was stable, I was feeling better than I had for years and, even better, enjoying the experience of regular exercise. Then my abdominal aorta ruptured! I was rushed to the RUH, scanned, diagnosed and given a 20% chance of surviving the operation. After a week in intensive care, another week in a general ward, I was given the all clear.

I left the hospital with a piece of Dacron hosepipe replacing the blood vessel that had ruptured and was told that it should last me for the rest of my life. I wasn't told how long that was likely to be! After 4 months of recuperation, I am now back at Genesis doing gentle exercises under the watchful eye of Arthur (he doesn't particularly want anyone dying on one of his machines!). I was told that one of the factors that got me through the operation was that I was fit. I do not want my lack of fitness to inhibit my recovery from any further mishaps, so I feel it is important to get back to a regular exercise regime as soon as possible. If anyone is in any doubt about the benefits of keeping fit, I am living testimony to the fact that it can make the difference between life and death.

### In depth testimonial



### Young People at risk of Osteoporosis

A report by the National Osteoporosis Society revealed that almost half of young people are not looking after their bones and are not aware of any steps they could take to do so. Bone strength actually peaks in the 20s so it is vital to take relevant action before the age of 30. Over a third of people surveyed were not aware of the role exercise and diet plays in reducing the risk of Osteoporosis. Certain risk factors such as drinking alcohol and smoking were also not identified by those surveyed. The results have caused the charity to call on the government to introduce a public health campaign, include bone health in the national curriculum and to make Osteoporosis a clinical priority.



**WELL DONE TO**  
Chris Yates running for prostate cancer charity. Chris has only started his running career in the past year and has never attempted a half marathon before. He has stuck faithfully to his programme and aided and abetted by Colin on his longer runs finished in a remarkable time of 2.25 and enjoyed it. He raised over £700 for the charity and we are all really proud of him.

Donna Clemett and Sarah Burns running for Click – They trained together, they laughed together, they cried together during training and they finished together holding hands down Great Pultney St. And all credit to them for the work they put in they didn't die the next day. I think they were on a high for a week, well done to you both.

Julie Skales – Julie is such an amazing lady even to get to the start line of this years half. She and her and her husband Tom have had to face the unthinkable and have been supporting their teenage daughter Kitty through the treatment of bone cancer. She has just finished her last session of chemo and they have all survived it. Not only did Julie train and run the half, but she raised money for Click in the process. Wow!

Jo Thompson – Our instructor Jo is a dark horse, she might not let on but she actually finished 195th overall, first lady Vet 50 and in a time of 1.23.08 Wow now if that's not inspiration I don't know what is. Well done Jo I can only dream of that time!

Well Done also to:  
Rachel King 1.49.44  
Colin Lee 2.01.18  
Emma Mallon 2.10.14

Great times and all still smiling!