

Welcome to our Summer Newsletter 2015! Here at Genesis Lifestyle Centre we aim to bring you our top favourite nutrition and workout tips as much as possible so we've put together a few of these and we hope you enjoy the read and learn something new along the way. Here's to a fit, fun and healthier you this summer!

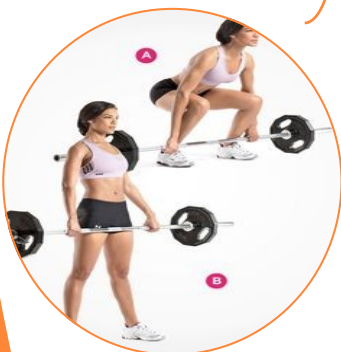
Myth Busters

"I don't want to bulk up!"

A common phrase often heard in the gym amongst the ladies when advised to add weights to their workout. Not to worry as us females don't have that sort of testosterone to bulk up! Keep reading to find out 7 amazing benefits of adding weight training to your programme:

1. Helps you to achieve your fat loss goals quicker by boosting your metabolism.
2. Strengthens your muscles without gaining bulk.
3. Reduces risk of osteoporosis (strengthens bones).
4. Increased energy throughout the day and improved sleep.
5. Helps to reduce risk of heart disease
6. A great stress reliever!
7. And finally it helps to tone up and release those curves, as you start to build more muscle your body will take shape in all the right places.

Next time you are in the gym make sure you challenge yourself by picking up those weights!



Do Not Fear the Nuts!

A lot of people shy away from eating nuts often as when you look at the nutrition label at a first glance you will probably notice a small bag of nuts can contain a high amount of calories and fat. When in actual fact if you look into where those calories are coming from they are loaded with healthy fats that your body needs! Those healthy fats play a big part in your diet and are needed to lose weight.

Nuts help to stabilize your blood sugar and keep you feeling fuller for longer so next time you are feeling peckish just grab a handful of your favourite nuts whether it's walnuts, pecans or almonds and don't feel guilty about consuming them as ultimately they will help you in your weight loss goal and controlling those sugar processed snack cravings we all get!



And if that isn't reason enough to want to eat more nuts then a study that focused on women whose diet is rich in nuts has reduced the risk of developing diabetes and didn't gain any extra body fat in the process...bonus!

In addition to all this nuts are also packed full of vitamins and minerals essential to our body and are best served in their natural form to get the most out of the minerals provided such as copper, magnesium, manganese, phosphorus and potassium.

Member Student Summer Holiday Offer

Is your son or daughter at home from university or school for the holidays? Well, we would like to offer your son or daughter a special summer holiday membership.

This would comprise of:

- An initial assessment
- 2 Personal Training sessions
- Free classes (except Yoga or Pilates)
- 8 weeks membership (if you would like more please let us know)

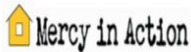
All this for a small sum of £70!

Food Swaps...



4 delicious guilt free food swaps to get you living a cleaner, healthier summer! It's all about being more creative and original with your food to keep you on track with eating better. So here are a few simple recipes savoury and sweet to help you enjoy healthier food options!

5k Fun Run!



Well done to our 5k runners back in May for taking part in our first 5k run of the year! Thank you for taking on the challenge and helping us to raise £140 for Mercy In Action along the way. Be sure to sign up for our next 5k fun run this October 17th. If you're thinking of signing up and it's your first time then we will help you along the way to build up gradually. And if you've done it before and are a regular then no excuses not to take part!

Romaine lettuce wraps VS tortilla wheat wraps:

A great way to add more greens to your diet! On a low heat lightly fry up some minced pork and a few finely chopped vegetables of your choice and leave to simmer for 10 minutes before adding in a squeeze of tomato puree and cook for another 5 minutes. Fill up your romaine wraps and get munching!

Frozen banana ice cream VS shop bought ice cream:

You'll need a blender for this one! Freeze 2 medium bananas and place in a sealed sandwich bag and leave over night or until frozen. Place in blender with a tablespoon of nut butter and a dash of cinnamon. Blend together until the texture is thick and smooth just like regular ice cream but much better for you!

Baked cinnamon apple slices VS Crackers

Set your oven on 190 . Slice up 1 large apple spreading evenly across a baking tray lined with greaseproof paper. Sprinkle on 3/4 tspn of cinnamon and leave to bake for 15-20 mins until soft and leave to cool for a 5 minutes. Very sweet and hits the sugar craving spot!

Zucchini noodles VS spaghetti

Also known as zoodles! Again this is a great way to get those greens in and still tastes delicious. You'll need a Spiralizer for this one or a regular grater can also work well. Place 1 large zucchini/courgette in Spiralizer and keep turning until it comes out shaped like a noodle! Perfect for adding to any stir fry dish and cook until well done for 8-10 mins.

Members Testimony...

5 Minutes With....Yvonne Bonifas

Time at Genesis: 4 months

Chosen Subject: Gym life

Since coming to Genesis what would you say are the biggest benefits you have had from joining and how do you manage to stay motivated? I fit into my clothes more easily! I feel I have more energy and definitely feeling less stressed. I have also almost got rid of my lower back pain too which is great.

I started originally on the couch potato programme and it helped me to keep coming down knowing that I have a session booked with a trainer. If I hadn't had the sessions booked in I probably wouldn't have come down as much and it helped me to gain confidence in what I was doing! Just recently I have joined as a member and enjoying my new routine.

Now I know you recently decided to take on a new challenge of enrolling in a Personal Trainer course so tell us a bit about how and why you decided to take this on?

I was really looking for something new to move into as a part time job that's different to what I do now and less office based .It's much more active and definitely something I can really enjoy doing for the next few years so I'm looking forward to that!

And what would you say has been the most important knowledge or skill you have learnt since taking on this course? It's actually been really useful for me to have a better understanding of anatomy because I've learnt how to strengthen the muscles supporting my hip which has benefited me a lot.

Any finally what would be your top tips to people working out in gym?

Keep it at an enjoyable level and then you'll be motivated to come back, so focus on things you like doing. If you push yourself too hard too soon then it's harder to stay in that routine. And of course combine it with a well balanced diet by avoiding sugary foods and you'll feel much better!



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