

Happy Summer 2016 to all of our lovely members at Genesis! We hope you are enjoying the sunshine so far and feeling at your best this year!
In this sunny newsletter we have filled it with some great stories from only a handful of our inspirational and motivated members as well as a delicious recipe to keep you feeling satisfied and light during those warmer days.
If there is something you would like to share or add into our next newsletter why not get in touch with a member of staff and we would love to feature your story!



A greener Genesis

We all know how much you care about the environment and would love to see people bringing in their refillable water bottles to the gym to help reduce waste on plastic cups. Although these are great for times when you forget to bring your bottle we want to strive to be more environmentally friendly and do our bit too.

Plus the benefits of bringing in your own bottle helps to monitor how much water intake you are having on a daily basis as well as options to buy one with a fruit infuser to make it super refreshing during your workout!



My first open water swim triathlon!

Completed by our very own hard working and self motivated member.....**Sarah Bannister!**

Standing by the side of the Stourhead lake in my wetsuit, swim cap and goggles at the pre-race briefing, it all started to become very real! I can swim, of course, but have never swam in open water in a wetsuit! This was my second time wearing a wetsuit, but my first time swimming with a large group of people through a murky, algae riddled lake.

After completing the 900m swim around the lake, I then clambered out and ran 500m uphill to the first transition to get my bike. After mounting my bike I sped off into the distance – 20 miles of country lanes – the scenery was beautiful and took my mind off the looming 4.5 mile run I had to do to finish the event! After going through the second transition, I then ran off into the woods to complete the last section of the triathlon! En route I grabbed a cup of water and jelly baby to give me some much needed energy!

Finally, after a long sprint up the hill, I crossed the finish line with a smiling face! Exhausted but feeling very proud of myself I got given a medal and a t-shirt – the best bit!

Thank you to all the trainers at Genesis for supporting me over the years.



Summer Recipe

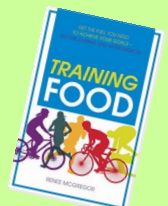
Roasted Butternut, Tofu & sprouted shoot salad

The beauty about this recipe is that you can roast the squash whole in the oven and then keep the cooked flesh refrigerated for a couple of days until you are ready to use. Tofu is a great choice of protein for vegetarians and vegans but can of course be enjoyed by all! The sprouted shoots add crunch and antioxidants to this already nutrient dense meal.

Serves 4

1 large butternut squash
100g/3½oz mini pickled beetroot
150g/3½oz mixed salad leaves
200g/7oz smoked tofu OR 7oz cooked chicken/fish
8cm cucumber, cubed
150g/3½oz/1 cup cherry tomatoes
1 large carrot, grated
100g/3½oz mixed sprouting shoots
Balsamic vinegar and walnut oil to serve.

- 1) Preheat the oven to 180°C/350°F/Gas 4. Put the squash on a baking sheet and bake whole for about 1 hour, until tender and cooked through. Leave to cool.
- 2) Scoop the squash flesh out of the skin and roughly chop.
- 3) Toss all the other ingredients together in a large salad bowl. Add the roasted squash and dress the salad with balsamic vinegar and walnut oil to taste.




Have you been thinking about starting running and don't know where to start? Or are you a keen runner needing more motivation and the accountability of having someone to run with?

We've got a solution for you then! Every Saturday at 9am why not get involved for **FREE** and kick-start your day by doing something energising and

active.

Philippa will be there to support you with plenty of motivation as well as other like minded people.

For more info please contact Philippa via email: philippa.spruit@sky.com

Leg Press Machine...the latest edition to the gym!



Here are just a few benefits of our newest machine and why we all think it's a great exercise to add into your programme!
(Thanks to our very glam model Gill who has Simon watching over her pumping some iron!)

Ease of Use

Because the leg press is a relatively simple machine with few moving parts, most beginners can use it correctly following brief instructions from a trainer. Unlike more complicated free weight exercises, which have a longer learning curve, a beginner can get the benefits of a leg press in their first workout.

1. **Targets** your hamstrings, quadriceps and glutes (butt muscles!) all at once
2. It is a **Compound Exercise** meaning it trains all of the major leg muscles at once in a natural squatting movement.
3. **Improves and increases** joint stability and strengthens joints
4. **Variations.** Can be performed with your feet near the top of the sled, you can focus on your glutes and hamstrings. With your feet at the bottom of the sled, you can focus on your quadriceps. By lowering your feet until your heels are off the sled, you can exercise your calf muscles.
5. **Safety benefits.** With the user in a seated position, there is no worry about being able to balance the weight.

Have you had a go on the leg press yet? If you are unsure of how to use it and want a demo please just ask one of the trainers who will be happy to show you!



JUL 31 Dorothy House Bubble Rush 2016

Join Bryony in this fun filled bubble crazy 5k run in aid of supporting **Dorothy House Hospice Care!**
Great way to spend your Sunday afternoon by being active, having plenty of fun as well as raising money for charity.

All running abilities welcome and starts at 3pm.

Ask **Bryony** for more information or purchase tickets online at www.bubblerush.org

physioimpulse 
PHYSIOTHERAPY CHIROPRACTIC PODIATRY PILATES

Don't forget to book in with Nigel from **Physio Impulse** for a range of treatments.

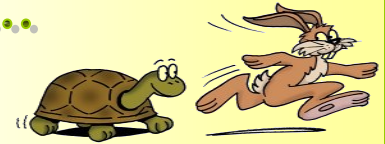
Initial assessment and treatment is £20 instead of £40 for our members at Genesis. Ring **01225 683007** to book now.



Top Tips for New Runners...

By Jo Thompson

It's summer! The days are longer and it's time to take on a new challenge - Why not try running? - What matters most is your desire to run - Follow these five rules and you will be on your way!



1. Make sure you have the right footwear. It is best to visit your local running shop where they can look at your gait and advise you about the best shoes for you. With the right trainers, for whatever you do in the gym, you will be comfortable and at less risk of injury.
2. Decide when you are going to run – and make the commitment. “When” means what days of the week and what time of day you plan to run. Writing it on your calendar is a good place to start. Plan where you are going to run, too. Walking out your front door and running in your area is the most convenient when it is possible. Safety comes first, so consider things like well-lit areas, pavements, traffic, and the presence of other exercisers. Or, you can head to the gym for the treadmill which is a great place to start and build up confidence.
3. Get a training plan - A training plan can provide guidance and structure for building up your running time. Ask me or any of the Genesis trainers to give you a plan. The duration of your running sessions may be as short as a few minutes to as much as 20 or 30 minutes, depending on your current fitness level. Start from where you are fitness-wise!!
You can begin a running program by walking. Walking begins the conditioning process for running, just in a more gentle manner. It will stimulate your heart and lungs and begin to toughen up muscles, tendons, ligaments, bones, joints, and connective tissues. Walk with purpose; you should feel your breathing rate and heart rate increase so you know you are giving a good effort – without feeling uncomfortable.
A run-walk program means interspersing short intervals of running into your walking. You can do this in whatever time increments best suits your fitness level. Run for 30 seconds or more. When the run interval is over, walk for one to three minutes to recover. Once recovered, repeat this sequence again. Give yourself several weeks to adapt to each intensity level before increasing the length of your run interval.
4. Cross Train - deciding you want to run is great, but as you will be building up your running time over a few weeks, you will need to make sure you do other forms of exercise, stretching and toning, to help you recover and get stronger.
5. Stay Happy!!! Don't go out too hard, stay within your comfort zone and progress slowly - Remember the tortoise and the hare!!!!!!