

# Winter 2010/11

At Genesis we would like to wish you all a Merry Christmas and a Happy New Year and look forward to seeing you all throughout 2011. Come on in and talk to our staff about what we can do for you, or Tel 01225 481234 or [info@genesisbath.co.uk](mailto:info@genesisbath.co.uk)



## Genesis Lifestyle Newsletter

### Christmas Opening Times



Christmas Eve: 9am – 1pm  
 Christmas Day: **CLOSED**  
 Boxing Day: **CLOSED**  
 Monday 27th: Bank Holiday 9am – 1pm  
 Tuesday 28th: Bank Holiday 9am – 1pm  
 Wednesday 29th: 9am – 9pm  
 Thursday 30th: 7am – 9pm  
 Friday 31st: 9am – 1pm  
 Saturday 1st 2011: **CLOSED**  
 Sunday 2nd 2011: **CLOSED**  
 Monday 3rd 2011: Bank Holiday 9am – 1pm  
 Tuesday 4th 2011: 7am – 9pm (**NORMAL**)

### How about the gift of fitness for Christmas...at a discount?

We are offering you the opportunity to buy discounted packages for your nearest and dearest this Christmas.

- 6 months membership for the price of 4;
- Buy one Couch Potato or Road to Wellness package and get second ½ price;
- No joining fee on any membership bought before the end of December.



### Events List 2011

[See web site for details or ask at the gym](#)

Jan 10th - Genesis Rowing time trial  
 Jan 10th - Weight loss and body fat challenge  
 Jan 24th - Genesis fitness challenge  
 Feb 20th - Genesis walk - The Swan Swineford  
 Feb 27th - Mountain bike ride - Radstock



### Filo Mince Pies

#### Ingredients

1 Pack light filo pastry  
 100g (3 ½ oz) butter, melted  
 400g (13oz) Mincemeat  
 50 Whole Almonds  
 Icing Sugar, for dusting

#### Directions

1. Preheat oven to Gas 4, 180°C, 350°F. Take the filo out of the packet and cover with a damp cloth.
2. Lay out one sheet of filo on the work surface, and lightly brush with the melted butter. Lay another sheet of filo on top of that, so you have one double sheet. Cut into strips, and then into squares about 4cm by 4cm.
3. Take a mini muffin tray and place two squares of filo in each one, to make pretty, jagged-edged tart cases. Fill the tray and bake for 10 minutes, until starting to crisp up. Use a tea-spoon to add a little mincemeat mixture into each case, place an almond on top and put back into the oven for 8 to 10 minutes. When golden brown, take out and dust with icing sugar.





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The Xmas recipe and xmas swap ideas were provided by Renee McGregor who is our Dietitian based at Genesis contact her to find out how to eat well and feel fab!

## Genesis Lifestyle Newsletter

### Quarterly news



### Testimony

Viv and Jo celebrate a double victory

Viv Nicholson, a mum of 3 has lots to celebrate. Viv who was a member of Genesis in days before children, re-enrolled 6 months ago and set herself the target of losing weight to be able to run with her new puppy.

Viv started on the Couch Potato Breakout Course and under the watchful eye of Genesis trainer Jo Thompson, embarked on the twice a week programme. "I did it by making sure I booked the exercise sessions in each week, reduced my portion sizes and with Jo's support I stuck to it.", she says enthusiastically.

"I have a great sense of achievement and feel better about myself. I am fit and healthy now having lost so much weight. I can now wear size 12 clothes again, (it's been 13 years!!), I also just have so much more energy and I can now run for an hour, (poor dog!!) Jo set Viv small achievable goals and measured them regularly to give her the all important feedback. Achieving the goals, and seeing the difference, has given Viv so much encouragement. "I've also had a lot of support from friends and family, and there is no going back", she says. "I've got to be able to keep wearing my new jeans!! And in a few years time, maybe I will be winning 10K races and hopefully still shopping for slim sizes in H&M."

Whilst Viv has been knuckling down to her sessions, Jo herself has been notching up some victories of her own. As a middle distance runner she has achieved considerable success over the years. Upon turning 50 she set her sights on the marathon a distance she has never done before. Jo's first marathon was in Edinburgh last year and she clocked an impressive 3.02.44. This autumn she was aiming to break the all important 3 hour goal. She smashed that goal and finished the Dublin Marathon in 2.52.33. Not only that, but she won the veteran 50 category and has the fastest female vet 50 time ever recorded by UK athletics. Well done Jo, the speediest 50 year old I know!

"Congratulations are due to both Jo and Viv, amazing ladies who show that with determination the sky is the limit". Philippa

### Christmas Swap Ideas



- Save over 400 Kcals by swapping a slice of Italian panettone for a slice of Christmas Pudding without brandy butter!
- Try to make snack foods nutrient packed rather than calorie and fat laden by swapping dry roasted salted peanuts for spicy mixed seed mix:

Toast mixed seeds, sunflower, sesame and pumpkin work well, in a non-stick frying pan until brown then add soy sauce and mixed chilli flakes. These are not only a delicious alternative but will also boost your levels of iron, calcium, zinc and essential fatty acids to help get you through the party season!

- Swap tortilla crisps for homemade baked tortilla/pitta bread crisps:

Take a flour tortilla or pitta bread, cut into triangles, brush with a little olive oil – you could mix in herbs like rosemary or chilli. Bake in the oven for about 10 mins – homemade crisps, perfect for dipping in nutrient packed homous or other bean based dips

- Try sticking to salsa, homous or yoghurt based dips and avoid sour cream and chives or cheese based dips – better still make your own so you can control the amount of oil and salt.

- Olives are always a good choice as they are around 20Kcals a piece for a large olive but packed full of vitamins.

- Don't forget the calories in alcohol when you go to wash all these treats down! Remember your best choice is a single shot of a spirit mixed with a low calorie mixer, around 60 Kcals; followed by extra dry champagne or fizzy wine, 90Kcals per glass; mulled wine around 120 kcals per glass and the worst offender Baileys cream liqueur coming in a 137kcals per serving!