

## MEMBERS ONLY DEALS

### Chelsea Café

- Standard Tea or Coffee
  - and a Homemade Mince Pie
- ONLY £2!!**

When ordering, mention you are a member of Genesis Lifestyle Centre as the deal is just for you and no one else!

*Offer only available from Monday 17th Dec, ending Sat 22nd December.*

## TESTIMONIAL

JON WENDZINA

AGE: 31



## GOALS:

My primary goal was reasonably simple, to lose weight!

For as long as I can remember I've slowly crept up in weight, but slow enough for me to even notice. It was when I graduated from my architecture degree in less than a year with a BMI of 30+ that something had to be done. I have tried various methods of weight loss in the last couple of years but nothing seemed to work for me. I made a conscious effort this time to integrate the healthy eating and using the gym by joining Tesco Diets and Genesis. Sadly after one month at Genesis (attending 4 days a week), along with my new diet I hadn't lost a single pound!! Frustrated, despite feeling fitter, I discussed this with Genesis and showed them my food diary as suggested by Tesco. I opted to use their low GI diet, which requires many calories for slow 'safe' weight loss, and in turn it meant that exercising was only balancing out what I was eating. By ending my relationship with this diet and eating sensibly when I felt hungry and stopping when I was full, I found that the following month I lost around 10lbs!

Looking back I can see why I've always found it so difficult to lose weight. You cannot just eat well and expect to lose weight sustainably, you need to exercise and vice versa. A lifestyle change is needed, so for me this constitutes all the things that I never used to do i.e. drinking 2 litres of water a day, having breakfast and not over eating.

By putting this new lifestyle into combination with the support I was receiving from Genesis, the experience is been quite simply life changing. I have lost nearly two stone and my BMI is around 27.5 in only a matter of months. With a touch of dedication, and a supporting gym behind you, it's amazing what can be achieved. Thanks to all at Genesis!!

**Do you have a success story too? Why not share your story with us, you could be the person to inspire someone or many others!**

## DO YOU HAVE GOOD POSTURE?

Having good posture helps in many ways, some of those being:

- Muscles function properly
- Decreases abnormal wear of joints that could lead to arthritis
- Reduces likelihood of having back and muscular pain
- Reduces fatigue
- Contributes to a good appearance

## WHAT CAN HELP TOWARDS HAVING BETTER POSTURE?

### YOGA

**Flexibility:** Stretching will help your body to become more flexible, bringing greater range of motion to muscles and joints. This will happen more noticeably in the hamstrings, back, shoulders, and hips.

**Strength:** Many yoga poses require you to support the weight of your own body in new ways, including balancing on one leg or supporting yourself with your arms. Some exercises require you to move slowly in and out of poses, which also increases strength.

**Muscle tone:** As a by-product of getting stronger, you can expect to see increased muscle tone. Yoga helps shape long, lean muscles.

**Pain Prevention:** Increased flexibility and strength can help prevent the causes of some types of back pain. Many people who suffer from back pain spend a lot of time sitting at a computer or driving a car. That can cause tightness and spinal compression, which you can begin to address with yoga. It also improves your alignment, which helps prevent many other types of pain.

### PILATES

Most of the above applies but what Pilates helps with more is **core strength**. When the core is strong, the frame of the body is supported. This means the neck and shoulders can relax, and the rest of the muscles and joints are freed to do their jobs.

Another thing you can do is have a trainer analyse your posture. The trainer will ask you to keep your muscles relaxed but stand as tall as you can, have your feet hip-width apart. They will then have a look at the front and side of the body. Depending on the results, the trainer will give you a few exercises to add to your programme to help with the problem. Please do ask if you feel this might relate to you.

## Follow us on Facebook and Twitter!

We aim to put some advice on most days, give you more info about us, to have a laugh with you and anyone else who might be interested!

Keep your eye out for Competitions, one off deals and other fun stuff!

## Special Group Training Offer - Introductory offer: £75 for 3 sessions!!

Know any friends that would be interested? Then please pass this on!

Normally £90 - Why not share the cost between the group? Maximum 6 per group. Available in 6 week blocks to fit into term times.

Call: 01225 481234 or Email: [info@genesisbath.co.uk](mailto:info@genesisbath.co.uk)



# Winter 2012/13

## CHRISTMAS FITNESS TIPS

With the Christmas period looming, why not take advantage of the classes that are on offer to give you that extra fitness boost. Every class is no longer than 1 hour, some only 45 minutes so you'll be in and out before you know it! If that's too long, then why not book a session with a trainer? We can shorten your workout time, keeping the intensity up to help yourself keep in shape before all those Xmas calories!!

## CHRISTMAS OPENING HOURS

Monday 24th:	9am - 1pm
Tuesday 25th:	CLOSED
Wednesday 26th:	CLOSED
Thursday 27th:	7am - 9pm
28th/29th/30th:	Normal
Monday 31st:	9am - 1pm
Tuesday 1st Jan 2013:	CLOSED
As of Wednesday 2nd Jan	
Opening times are as normal	



## WINTER EVENTS LIST

### NOVEMBER - DECEMBER

#### CHRISTMAS CALORIE BURNER CHALLENGE

On Christmas day alone we are likely to eat around 3000 calories plus!! This is a simple challenge to burn those calories in the build up to Christmas day. You can track your progress by ticking off calories on the board in Lower Gym.

### WEDNESDAY 9TH JANUARY 2013

#### BATH 1/2 MARATHON TALK - PHILIPPA SPRUIT

Have you entered the Bath Half Marathon for 2013? Then come along to this talk for hints and tips, advice on your training and any questions you may have.

### 26TH JANUARY 2013

#### CHARITY SPINATHON

A repeat of last years event, this time to raise money for our chosen charity, Mercy in Action. The aim is to have people on the spin bikes all day, using 8 one hour Spin Classes. More to come!! If you would like to help and spin half or even the full day, please let us know!

## MEMBERS CHRISTMAS GIFTS!!

- 30 MIN STRETCH SESSION!!
- 2 WEEK GUEST PASS FOR FRIEND OR FAMILY!!
- **COUCH POTATO COURSE ONLY £95!! when bought for your friend or family (full members/course members only)**



## GYM UPDATE

We have fitted new lights in the Men's changing room reception area and in the lower gym. These lights are all energy efficient and are much better for the environment. Whilst we're on the subject of energy efficiency, you may have noticed the fitting of a new boiler!! This boiler is a new, combined heater and very efficient. We do apologise though for the inconvenience it caused at the time. It went on much longer than expected and caused a lot of mess which we tried to keep on top of. Please accept our apologies.

## eat well feel fab

Renee McGregor

### SWEET POTATO AND LENTIL SOUP:

2-3 servings.

1. chop garlic and ginger and fry in a pan with a small amount of olive oil.
2. Add 2 peeled and chopped sweet potatoes and ½ a cup of uncooked red lentils.
3. Add 1 litre vegetable stock.
4. Bring to the boil and simmer for 30 minutes; blend and serve

This can be served on its own as a hearty lunch or with pita bread as a main meal.

The low GI benefits of both the sweet potato and lentils will prevent blood sugar fluctuations and ensure a slow release of energy throughout the day/evening. Sweet potato is also high in beta-carotene, an important anti-oxidant; additionally lentils are a great source of soluble fibre which is known for its cholesterol lowering properties.

