

www.genesisbath.co.uk
info@genesisbath.co.uk
01225 481234

As always we will be donating £500 to Mercy In Action to buy food for street children instead of buying you all Christmas cards but we would like to take this opportunity to wish you all a very Happy and Healthy Christmas. We hope you enjoy your festive activities while staying on track with your goals to a fitter & healthier you.

24 Days of Christmas Challenge



It's hard keeping fit and healthy over Christmas time so Arthur has kindly put together a challenge for your benefit! The challenge can be done at home or in the gym and it's easy to follow. Starts 1st December.

It's going to be a busy month ahead of us all so make sure you prioritise this in addition to your workout routine and we look forward to seeing your results!

Come and grab your copy from reception and don't hesitate to ask a member of staff if you are not sure about any of the exercises.

Top tips from Renee to boost your immune system this winter!

- Stay hydrated: saliva first line of defence - IgA is found in our saliva - if we are dehydrated, we produce less saliva and this can increase your risk of infection
- Be mindful of recovery nutrition – poor choices can lead to a depressed immune system - don't cut calories and carbohydrate intake too drastically as studies show that if nutrition choices are poor after high intensity training, it can depress your immune system
- Aim for minimum of 8 hours sleep a night
- Check Vitamin D levels - if you are suffering with recurrent infections or extreme fatigue, get your Vitamin D levels checked - deficiency is common on this country.
- Boost your anti-oxidants - no need to take a supplement; eat plenty of fruit and vegetables but also remember that herbs and spices such as ginger, cumin, chilli have very high anti-oxidant properties so the perfect excuse to make a wholesome curry!

Christmas Opening Hours	29th - 7am-9pm
24th Dec - 9am -1pm	30th - 8am-9pm
25th & 26th - Closed	31st - 9am- 1pm
27th - 9am-1pm	1st Jan - Closed
28th - 9am-1pm	2nd Jan - 8am - 4pm



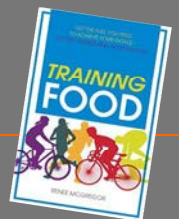
Many Congratulations to Bryony and Rebecca on completing their Level 3 Personal Trainer Award. I know it was a real challenge and a lot of hard work. Well done girls! Watch out members there will be lots of new exercises coming your way!! Philippa



Winter Warming Chickpea & Kale Broth

Serves 4 Prep time: 10 mins
Cooking time: 1 hour
1 tbsp rapeseed/canola oil
1 tsp cumin seeds
1 large onion, chopped
2 garlic cloves, crushed
1cm/1/2in piece of root ginger, peeled and finely chopped
1 large sweet potato (about 300g/10 1/2oz), chopped
1 red chilli, deseeded and chopped (optional)
1 litre/35fl oz/4 cups vegetable stock
1 large bunch of curly kale, washed and torn into smaller pieces
800g/1lb 12oz canned chickpeas, drained and rinsed

1. Heat oil in large saucepan over a medium heat. Add cumin seeds & shake pan for a minute until you can smell their aroma. Add the onion, garlic & ginger & fry for 4 – 5 mins, stirring occasionally, until golden brown.
2. Add the sweet potato & chilli, if you like, & cook for further 5 mins.
3. Pour in the stock & bring to the boil, then turn the heat down to low and simmer for 15–20 minutes until the sweet potato is tender.
4. Add the kale & simmer for a further 20 minutes. Add the chickpeas & simmer for a further 5 minutes, stirring occasionally, or until everything is heated through and well blended. Serve hot.



We base our advice in the gym on her sensible balanced approach to eating healthily and we love how simple her recipes are as well as deli-

Park Run at Rainbow Woods



Park run is a 5k run around rainbow woods, by the Bath Clinic organised, by a group of volunteers and it's a great way for beginners to get into running a bit more. It's completely free, you just go on to the website www.parkrun.org.uk/bathskyline and register yourself, print off a barcode and come on up. It's on every week at 9am on a Saturday morning, it's a beautiful course on tracks and paths with great views, mainly flat, one set of steps to negotiate. You can jog or walk jog, take the family, take the dog and generally feel good about yourself before ten o'clock on a Saturday morning !! I go up fairly regularly. If you are interested in getting involved, I am happy to meet at Genesis at 8.30am and offer a lift on the following dates or see you up there. Dec 5th /19th. Jan 3rd/16th/30th (you park in the Bath Clinic car park and walk along)
Happy Running. Philippa

STUDIO CLASSES!

Want to get more out of your workouts? Then why not try one of our classes for that extra push! Perfect for a bit of team bonding and meeting new and like minded people!

- *BODYWEIGHT BLAST - MON @10AM
- *CIRCUITS - MON @ 6PM
- *SPORTS STRETCH - TUES @8PM
- *SCULPT & TONE - WEDS @6PM



Mondays Circuits Class making sure we get our post workout photo in!



Members Testimony!



Name: Carol Joinson
Time at Genesis: 3 months

What made you decide to join?

I've always been quite active and fit, but I have a busy full time job and little spare time. I realised I needed to fit regular exercise into my week because I wasn't as fit as I'd like to be. The programme appealed to me because it was a good way of encouraging me to get back into a regular exercise routine.

Main benefits of the course?

The main benefits of the course are being guided through an exercise programme that met my own individual needs. The instructors are very encouraging and pushed me to achieve more than I thought I was capable of. I'm surprised at how quickly my fitness and strength have improved.

How does it feel now being a member?

Now that I've joined, I realise how important it is to maintain a good balance of exercise in my life. Going to the gym has become part of my routine and I look forward to my sessions.

Make sure you give us a like on Facebook!
"Genesis Lifestyle Centre"

