



Monthly Newsletter

Workout Program of the Month by Jack Connolly

12 days of Christmas workout

Warm up: 5 minutes

Complete three rounds. Take a 1-minute break after completing each round of all 12 exercises

Equipment: Mat, Bench

- 12 x Mountain climbers
- 11x Tuck jumps
- 10x Lunges
- 9x Push-ups
- 8x Dips on bench
- 7x Sumo squats
- 6x Hip raises
- 5x Jump squats forward & shuffle back to starting position
- 4x 30 second side planks (2 per side)
- 3x 30 second rounds of mountain climbers with 30 seconds of rest between sets
- 2x 30 seconds crunches (as many as can be achieved)
- 1x One Minute plank



Cool down and stretch!

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Special points of interest

- Discover the benefits of taking part in circuit training!
- Follow our Facebook page!



Circuit Training

What is circuit training?

Circuit training is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program.

An all-strength circuit burns 30% more calories (about nine per minute!) than a typical weight workout and offers more cardio benefits. A circuit that combines cardio and strength moves will blast fat and sculpt muscle. It can also burn up to 10 calories a minute.

When can I do circuit training at Bromsgrove School?

Monday – 19:30

Price: Included in direct debit fee or £4.70 with a casual membership

Instructor: James Pearson



“It targets strength building and muscular endurance.”

Benefits of circuit training

Improve cardiovascular health

Increase muscular endurance performance

Strength training (increase in power)

Group activity – working out with friends!

The harder you push through each station within the current circuit, the more calories you will burn

How can exercise help with sleep?

- A national study suggested that a sample of 2,600 men and women (aged between 18-85) found that 150 minutes of moderate to vigorous activity a week (the national guideline) provided a 65 percent improvement in sleep quality.
- Your body temperature goes up during exercise and then drops off afterward. This post-exercise dip is beneficial because the cooler your body temperature is, the more likely you are to feel sleepy.
- You don't have to exhaust yourself to reap the reward of better sleep. In fact, moderate-intensity aerobic activities—such as walking briskly or cycling on level ground—seem to be particularly beneficial to a good night's rest.
- One way exercise may help you sleep is by giving your mood a boost. Exercising regularly helps ease stress, anxiety and depression—all problems that can interfere with getting a restful night's sleep
- Sleeping and exercising are two of the best things you can do for your body. Regular physical activity helps you sleep, and sleeping well helps you stay active. It's a positive cycle that can enhance your life in multiple ways.





No bake!

Healthy Christmas Pudding Recipe

Ingredients

225g fresh pitted dates – approx. 10 – 15 dates depending on their size
Zest from 1 orange
250g organic dried apricots, chopped
150 g (1 ½ cups) almond meal / ground almonds
1 teaspoon vanilla bean paste or extract
1 tsp ground cinnamon
¼ tsp ground nutmeg
¼ tsp ground ginger
80 g white chocolate, melted for decoration – optional



Process

- Combine dates, orange zest, apricots, vanilla, ground almonds, cinnamon, nutmeg and ginger in a food processor.
- Process until mixture is combined and looks like fine crumbs.
- Spoon mixture into a large bowl and add 1 – 2 tablespoons orange juice then mix again. Your pudding mix should come together in the hands when lightly squeezed.
- Divide puddings into 6 small puddings.
- Melt white chocolate in a small bowl that is set over a simmering pot of water.
- Spoon a little white chocolate over the tops of the puddings if using and garnish with berries.
- Arrange onto a serving plate and set aside until needed.
- Store in the fridge for up to 2 weeks.

Smoothie of the Month -
Christmas twist!

Banana Nog Smoothie -

A healthy alternative to the
traditional eggnog!

Ingredients:

1/2 firm (slightly under-ripe)
medium banana
1/3 cup low-fat plain yogurt
3 Medjool dates, halved and
pitted
Large pinch freshly grated nut-
meg
1 cup ice cubes



Relaxation Corner - Keep Calm and Stay Focused

As we approach the holiday season, its common to feel overwhelmed with end of work deadlines, holiday preparations and busy crowds. It's important to take a little time out of our busy schedules and steal some me-time. The following three postures are uniquely different but bonded together by their common goal of quietening the mind.

Even a simple posture like TADASANA (Mountain posture) is a stress reliever when you focus on keeping your breathing slow and even and visualizing yourself as firm and steady as a mountain. Stand with feet parallel, toes touching, ankles together, slightly apart if balance compromised. Pull up knee-caps and firm thighs. Widen collarbones, roll shoulders up and down the spine. Tuck your tailbone under and place palm of hands by side of body. If balance allows close eyes, rock back and forth to find your point of balance and breathe. Focus on breathing in slowly as your body stretches tall and breathing out as you ground your feet down into your mat.

Balancing is an excellent way to remove anxious thoughts out of the head. As you find balance in the body the mind will balance too. Any balance posture requires focus and concentration which in turn calms the mind.



ARDHA CHANDRASHASANA (Half moon pose) Stand with legs a leg-length apart. Place left hand on hip, then bend to the right, Place right hand on floor slightly behind right foot. Now slowly bring left leg off floor and straighten left arm to ceiling. You should now be balanced on your right arm and leg, with your left leg parallel to floor and left arm reaching towards the sky. Hold and breathe.

Forward bends are known for helping to quiet the mind and relieve stress.

PASCHIMOTTANANASA (Seated forward bend) To do this pose sit with legs extended straight out in front of you, feet flexed, toes pointing up. On the inhale open the chest and lengthen the spine. On the exhale fold forward from the hips and take hold of the outside of your feet if possible. You can rest your hands on your shins or use a belt if preferred. Remember to breathe deeply allowing the breath to take you further into the posture.

These three yoga postures will equip you with the key elements to relax and quiet a frantic mind. Incorporate them into your practise and reap the benefits. Remember the Breath is the best tool we have to remain conscious and calm. So take a long deep Breath and enjoy the festivities.

Are you following our Facebook page?

Like our Facebook page [@bromsgrovesportscentre](#) for regular updates, including new workout programs and exclusive offers in addition to important onsite information regarding our swimming academy, gym facilities and car park.



Astro Turf Availability

Monday:

7-8pm
8-9pm

Tuesday:

7-8pm
8-9pm

Wednesday:

6-7pm (Under 10's)

Thursday:

7-8pm
8-9pm

Friday:

7-8pm
8-9pm

Off Peak Offer:

£20.00 per hour for the Wednesday 6-7 session and Friday, Saturday and Sunday sessions.

Early Booking Offer:

'Book for next year now and get it at this year's price (£28.34 per hour). Need to book by December 23rd 2016 and the booking needs to be for 10 weeks or more for this to apply.

Contact the Sports Facilities Coordinator for more details: sports@bromsgrove-school.co.uk or 01527 572129



Exercise Class Timetable Changes

Twenty 20 : Tuesday 08:15 (45 mins)

Body Blast Express: Wednesday 08:30 (30 mins)

Pilates with Dawn McKee : Wednesday 09:00 (60 mins)

Core Express with Tina Ellis: Wednesday 20:00 (30 mins)

BSSA Lesson Cancellations for December

Thursday 15th December - all sessions cancelled

Monday 19th December 2016 - Saturday 7th January 2017 all sessions cancelled for Christmas break

