

## NEWSLETTER

SEPTEMBER 2024

### TRENDING THIS MONTH :

To help with your gym performance, remember to always warm up before your workout and cool down afterwards. Dynamic stretches with some light cardio is the best way to warm the body up before a workout. This can benefit you by helping prevent injuries from occurring. Cooling down with static stretches can help prevent muscle soreness and improve your flexibility. These will help boost your workout potential, as well as helping with your over all gains from the gym.

### Try Something New for September

Challenge yourself in trying a new sport for September. Come along and join our in-house squash club, or even try out table tennis. If those don't take your fancy, enjoy a swim in our pool, plus take a few minutes to relax in the sauna and steam room. You can get so much out of your fitness journey here at The Edge Health and Fitness, so come along for the ride.

### Monthly Motivation Quote:

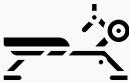
“Some people want it to happen, some wish it would happen, others make it happen”  
– Michael Jordan



### NATIONAL FITNESS DAY



To celebrate National Fitness Day, which is the 18th of September, we are hosting a How Far Can You Go challenge in the gym. This challenge will test your endurance and your determination to travel the furthest distance on our cardio machines. This is an in-house competition, which is to be done on one of our many cardio machines, either on the cross trainer, treadmills, seated bikes or even the rowing machines. All distances needs to be proven by a photo or one of our members of staff physically witnessing the distance, and all entries need to be given in at The Edge Health and Fitness desk. This competition starts on the 1st of September until the 17th September, where the winner and second place will be announced on National Fitness Day. First place will win a gift voucher for the spa and second place will win 2 day passes for The Edge Gym. Good Luck to everyone who enters!



### AUBERGINE, HALLOUMI & HARISSA BAKE

This one-pan , vegetarian friendly dish is easy to make for those late summer evenings. Low in calories with just 546 calories per serving, plus with 31g of protein this meal is suited for all. Enjoy those last summer evenings with this hearty, full of flavour meal.

#### Ingredients:

- 2-4 tbsps olive oil, plus a drizzle
- 1 large aubergine, sliced into rounds about ½cm thick
- 2 large garlic cloves, crushed
- 400g can chopped tomatoes
- 1 tbsp harissa paste
- ½ tsp caster sugar
- 225g block halloumi, sliced into 8-9 pieces
- pinch of dried mint
- flatbreads, rice or couscous, to serve



full Recipes can be found on -  
<https://www.bbcgoodfood.com/recipes/aubergine-halloumi-harissa-skillet-bake>



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The Edge Health and Fitness Club