

NEWSLETTER

NOVEMBER 2024

TRENDING THIS MONTH :

With the dark gloomy days coming over, brighten up these cold nights with some physical activity. Even though its getting colder and the nights are drawing in, keeping up with exercise is very important. Not only for the physical benefits of staying fit and health, but exercise has been medically proven to boost mental health. So if it's getting a workout in the gym or partaking in some sports, its all very important to keep the body and mind strong throughout.

Make sure to keep on top of your Vitamin D count: With less of the sun during the Autumn and winter months, vitamin D is harder to get. Vitamin D is very important within the bodies bone growth. Vitamin D helps with absorbing calcium which is then used to maintain and build bones. Even though you can get vitamin D from foods, with the reduced sun light, less vitamin D is absorbed into the body. As well as that knowing the right foods and the amounts is the difficult part. Having more more oily fish, like salmon, in your diet will help increase your vitamin D levels, as well as helping lowering your cholesterol. Make sure to eat the foods in moderations.

I don't count my sit-ups. I only start counting when it starts hurting because they're the only ones that count.

MUHAMMAD ALI

NEW CHANGES AT THE EDGE

This month we have loads of new changes happening at the gym. First of all, with huge congratulation to our manager Sarah who is pregnant. With the amazing news of Sarah's pregnancy, while she is away on maternity leave Corinne will be taking over as stand in manager. If you need anything from our management at The Edge Health and Fitness Club, please get in contacted with Corinne using her new email - cneave@barnham-broom.co.uk.



Other Fantastic news, we have our new equipment now ready to use in the gym. Our new Stairmaster, Curved Treadmill and Air Bike are all ready to help you along your fitness journey.



VEGGIE SHEPHERD'S PIE WITH SWEET POTATO MASH

Warm up your autumn evenings with this delicious pumpkin pasta. Only 461 calorie per serving this easy to make meal will add to those cosy and relaxing evenings under a blanket or in front of the fire. Puréed pumpkin combined with mascarpone and parmesan cheese this meal for 4 is a quick and easy way way to feed all the family.

Ingredients:

- 1 tbsp olive oil
- 1 large onion, halved and sliced
- 2 large carrots (500g/1lb 2oz in total), cut into sugar-cube size pieces
- 2 tbsp thyme chopped
- 200ml red wine
- 400g can chopped tomatoes
- 2 vegetable stock cubes
- 410g can green lentils
- 950g sweet potatoes, peeled and cut into chunks
- 25g butter
- 85g vegetarian mature cheddar, grated



full Recipes can be found on -

<https://www.bbcgoodfood.com/recipes/veggie-shepherds-pie-sweet-potato-mash>



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