

NEWSLETTER

OCTOBER 2024

TRENDING THIS MONTH :

Get Outside While You Still Can-
Even though the summer has ended, its still a brilliant time to get outside and partake in some physical activity. The temperature tends to be more suitable for exercise, with it not being to hot or cold. Although the nights are starting to draw in, there is still plenty of sun light left to squeeze your outside workouts in before or after working hours. Get outside and use the bonus of the amazing colours that autumn brings, as well as the chance to de-stress from day to day life.

Gym Hack -

If you are in need of any extra help in the gym or you are a new joiner and are in need of some help, don't forget to use are amazing fitness trainers who are on hand ready to help you with your gym needs. Here at The Edge Health and Fitness Club, we aim to help all with their fitness and training journey's. Please ask at The Edge desk if you would like some guidance within our gym.



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Working hard is important. But there is something that matters even more, believing in yourself

HARRY POTTER

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NEW SQUASH LADDER LEAGUE

Starting on the 1st of October 2024 and running through to the 31st of March 2025, we have a brand new squash ladder league starting for members here and The Edge Health and Fitness. The squash ladder league is a tournament which puts you up against other squash players in and around your ability. Challenging player up to 5 spaces above you in the table, competing to get yourself to the top. This league is for all, from beginners who want to challenge themselves to the regular squash players who want to add different challengers into their game. If you are interested in joining the league or would like more information please leave your details or ask questions at The Edge desk. All members of the squash ladder league will NEED to be a member at The Edge Health and Fitness club.



CREAMY PUMPKIN PASTA

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:

- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 500g pumpkin or squash, peeled and cut into roughly 3cm cubes
- 50-100ml whole milk
- 2 tbsp tomato purée
- 2 tbsp mascarpone
- 350g short pasta (rigatoni or penne work well)
- 40g grated parmesan or vegetarian alternative, plus extra to serve



full Recipes can be found on -

<https://www.bbcgoodfood.com/recipes/aubergine-halloumi-harissa-s skillet-bake>



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The Edge Health and Fitness Club