

NEWSLETTER

JANUARY 2025

TRENDING THIS MONTH

New Year, New You Fitness Tips:

- Get a gym routine. Get yourself back or into a regular routine of going to the gym or partaking in physical activities. This could be three sessions in the gym or playing a sport a couple times a week. Just get yourself active!
- To help you stick to a workout routine, train with a gym partner. This can help with motivation, technique support and gaining fresh ideas.
- Keep your goals and targets realistic. Set yourself targets that you can actually achieve in the time set, chosen. If it's losing weight, gaining muscles, or even just looking to get generally fitter, set those realistic goals.
- Finally, **JUST DO IT!** Don't hold yourself back and just start now. The biggest hold back is yourself, don't wait until Monday or you'll do it tomorrow, get up and get active.

**THIS IS THE DAY TO
START THE NEW YEAR FRESH
AND TO KEEP IN MIND
THAT CHANGE CAN HAPPEN
AT ANY MOMENT
YOU JUST NEED TO DECIDE**

NEW YEAR, NEW EQUIPMENT, NEW YOU!

Brand new to our gym for 2025, we have three new pieces of cardio equipment. Our new curved treadmill, Air Bike and Stair Master, we have you covered for the New Year. Adding extra movements, exercises and routines into your fitness regime can help mix it up and help you to achieve your fitness goals.

Make 2025 your year and begin or carry on your fitness journey. If you are looking to improve your overall fitness, or improve your muscular strength, set yourself in the right direction and get yourself moving towards your goals.



OPEN WEEKEND

Join us for a complimentary taster session, here at The Edge Health and Fitness Club. Start 2025 off right and get yourself moving in the right directions towards your fitness goals. Available from Friday 24th January 2025, through to Monday 27th January 2025. 11am-1pm & 4-7pm are the time slots you can book in for. Pre-Bookings Only.

Register your interest and book your visit online -
<https://barnham-broom.co.uk/whats-on/edge-open-weekend-registration/>

PRAWN AND HARISSA SPAGHETTI

Start 2025 off right with this fresh, healthy spaghetti dish. Low in salts and sugars, this dish is just right for those tighter calorie days after the new year celebrations. Full of flavour and only 511 calories per serving, this filling meal is perfect for those New Year nights.

Ingredients -
100g Long-Stem Broccoli
180g Dried Spaghetti
2 Tbsp Olive Oil
1 Clove of Garlic
150g Cherry Tomatoes
150g Raw King Prawns
1 Tbsp Rose Harissa Paste
1 Lemon



full Recipes can be found on -
<https://www.bbcgoodfood.com/recipes/prawn-harissa-spaghetti>



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The Edge Health and Fitness Club