

TRENDING THIS MONTH

Its not just the work you put into the gym that counts for a healthier lifestyle. Making sure that you consume the right amounts of vitamins and minerals while reducing the amount of junk foods.

Some little tips to help you stay healthier throughout March:

- **Drink More Water** -

Recommended by the NHS to drink at least 6-8 cups of fluid a day.

- **Eat Fruit and Veg** -

Make sure to keep eating those fruits and vegetables. All these contain the vital vitamins and minerals needed for the body to function, especially those leafy greens.

- **Eat Lean Meats** -

For those non veggies, try to reduce the fatty meats and consume more lean options like chicken, turkey and fish.

- **Exercise More** -

Getting out and doing at least 45 minutes of exercise a day can improve your overall health and mental state. Either walking, working out in the gym, or even playing sports, all of this will help towards a fitter and healthier you.

- **Take time for you** -

May not look like something to help your health, but taking time out in your day for you is very important. Helping relax you body and mind can help you reduce stress and help your body recover from those day to day challenges.

FITNESS ON DEMAND

Try out hundreds of different classes from Yoga, Pilates, HIIT, Spin and many more, on our Fitness On Demand. Set yourself up on your own personal virtual class down in our studio, Simply find the class you want on the touchscreen pad and then enjoy partaking in one of the fantastic virtual sessions.

If you have any questions, please ask a member of our team.



NEW MONTHLY CHALLENGES

After the success of the Valentine fitness challenge, we are start a new monthly challenge for you to get stuck into. Each month we will post a new challenge for you to try and achieve. From distance challenges to new workouts to try and complete, we challenge you to beat The Edge's Monthly Challenge.

New Monthly Challenge out now on our socials.

LENTIL BOLOGNESE

A low fat and high protein lunch or dinner, packed with carrots, celery and tomatoes, giving all those good vitamins and minerals. This flavour full meal contains 715 calories and all the nutritional needs for your day.

Ingredients -

- 3 tbsp olive oil
- 2 onions
- 3 carrots
- 3 celery sticks
- 3 garlic cloves
- 500g bag dried red lentils
- 2 x 400g cans chopped tomatoes
- 2 tbsp tomato purée
- 2 tsp each dried oregano and thyme
- 3 bay leaves
- 1l vegetable stock
- 500g spaghetti
- parmesan or vegetarian cheese



full Recipes can be found on -

<https://www.bbcgoodfood.com/recipes/lentil-ragu>

today
PAINFUL
tomorrow
POWERFUL



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The Edge Health and Fitness Club