

Welcome to your July Health and Fitness Newsletter from The Edge at Barnham Broom.

As we head into the summer months, routines can easily shift with holidays, travel, and longer, busier days. This month, our focus is all about consistency and finding simple, sustainable ways to stay active and keep moving, no matter where you are.

Fitness Focus

Finding time to fit workouts in can be hard but remember, fitness doesn't have to be all-or-nothing. Short workouts, outdoor activities, or even a quick stretch session can help you maintain momentum and feel your best. Staying consistent, even in small ways, is what keeps progress on track.

Here is a quick all body, 30-minute workout you can do in the gym:

5 Minutes Cardio –
Treadmill, Bike, Row or Stairmaster

3 Sets of 10-12 reps:

- Arnold Press
- Bench Press
- Plank to Push
- Reverse Lunges
- Seated Row

Tip – If you're short on time, focus on intensity and efficiency rather than duration. Keep rest periods short, choose compound movements that work multiple muscle groups, and stay present during each exercise to maximise results. Even a focused 30-minute session like this can be incredibly effective when you move with purpose and consistency.



Wellness Tip

Make the most of the longer, brighter days by spending at least 20–30 minutes outdoors each day. Whether it's a morning walk, an evening bike ride, gardening, or simply enjoying your lunch outside, time in nature can help boost your mood, reduce stress, and improve your overall wellbeing. Remember to stay hydrated, wear sunscreen, and listen to your body when exercising in the heat.

Did you know?

Hydration is one of the simplest yet most overlooked pillars of fitness performance and recovery. Even mild dehydration can lead to fatigue, reduced endurance, and slower muscle repair, making it harder to get the most out of your workouts and day to day tasks. Aim to drink water consistently throughout the day, not just during exercise, and consider increasing your intake if you're sweating heavily or training in warm conditions. A good rule of thumb is to check your urine colour (pale yellow is ideal) and listen to your body's thirst signals. Staying properly hydrated helps regulate body temperature, supports joint function, and keeps your energy levels steady, so you can train harder and recover smarter.



Warmer weather can place extra stress on your body, making recovery even more important. Prioritise hydration by drinking plenty of water throughout the day, especially after workouts in the heat. Refuel with balanced meals that include protein and carbohydrates to support muscle repair and energy levels. Make time for quality sleep, as longer days and busy schedules can easily disrupt your routine. Incorporating light movement like walking, stretching, or mobility work can also help reduce stiffness and keep you feeling fresh. Finally, listen to your body, if you're feeling fatigued, don't be afraid to scale back and allow proper recovery so you can stay consistent all summer long.



The Edge Class of the Month

Our Class of the Month is Pilates, with classes on Tuesday and Thursday. A low impact yet highly effective workout designed to strengthen your core, improve posture, and enhance overall body control. Focusing on precise, controlled movements and mindful breathing, Pilates helps build long, lean muscles while reducing the risk of injury. It's suitable for all fitness levels, whether you're just starting out or looking to complement your existing routine. Join a session this month and experience how Pilates can improve flexibility, balance, and strength from the inside out.

Check the class timetable now and get yourself booked into our class of the month.



Nutrition Corner

Eating well over the summer doesn't mean strict rules, it's about balance, freshness, and listening to your body. Take advantage of seasonal fruits and vegetables, which are naturally hydrating and packed with nutrients, and aim to build meals that include a mix of lean protein, whole grains, and healthy fats to keep your energy steady throughout the day. Lighter options like salads, grilled dishes, and smoothies can help you stay satisfied without feeling sluggish in the heat. Don't forget to stay hydrated, especially on warmer days, and allow room for occasional treats, balance is what makes healthy eating sustainable and enjoyable.

One simple way to fuel your body during the summer is with a protein smoothie bowl. Quick to prepare, refreshing, and packed with nutrients, it's an ideal choice for breakfast or after a workout. Combining fruit, protein, and healthy fats helps support muscle recovery, replenish energy, and keep you feeling fuller for longer, while the colourful toppings add extra fibre, vitamins, and crunch.

Protein Smoothie Bowl – Great for Breakfast or post workout.

Ingredients:

- 1 frozen banana
- 1/2 cup frozen berries (strawberries, blueberries, or mixed)
- 1 scoop protein powder (vanilla or chocolate)
- 1/2 cup Greek yogurt
- 1/4–1/2 cup milk (dairy or plant-based, depending on desired thickness)
- 1 tablespoon nut butter (peanut, almond, or cashew)

Toppings (optional but recommended):

- Fresh fruit slices
- Granola
- Chia seeds or flaxseeds
- Coconut flakes

Method:

Blend the frozen banana, berries, protein powder, Greek yogurt, milk, and nut butter until smooth and thick. Add a splash more milk if needed but keep it thick enough to eat with a spoon. Pour into a bowl and add your favourite toppings for extra texture and flavour. A perfect balance of protein, healthy fats, and carbs to keep you energised and satisfied.



Whats Happening at Barnham Broom

Ladies' Golf - Free Open Event

Have you ever thought about giving golf a try, or are you looking for a welcoming club to join?

Come along to our FREE Ladies' Open Event and discover what makes our Ladies' Section so special. Enjoy a few holes on the course, meet our friendly members, and experience the supportive, social atmosphere that makes our community so enjoyable.

Wednesday 22nd July 2026 - 4:00pm – 7:00pm

Whether you're new to golf or returning to the game, we'd love to welcome you. Bring a friend and see what it's really like to be part of our fantastic Ladies' Section!



LADIES SECTION

— ◆ —

OPEN AFTERNOON / EVENING

— ◆ —

DATE

WEDNESDAY 22ND JULY

— 4PM - 7PM —

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Members Perks

Make the most of your membership this July by taking advantage of our tennis and squash courts. With longer days and warmer weather, it's the perfect time to get active, sharpen your skills, or simply enjoy a friendly match with friends or fellow members. Whether you're looking to boost your fitness, try something new, or break up your usual gym routine, the courts are ready and waiting. Book a session, grab a racket, and make this summer count.

Book online or at the Edge at Barnham Broom reception desk.