The Edge at Barnham Broom

MONTHLY NEWSLETTER

Welcome to your November Health & Fitness Newsletter from The Edge at Barnham Broom.

As the days get shorter and the weather turns colder, it can be tempting to slow down and spend more time indoors. However, November is a great opportunity to focus on your health, maintain your fitness routine and make time for your wellbeing.

At the club, we're here to help you stay motivated, achieve your goals and enjoy the many benefits of an active lifestyle. Whether you're a regular in the gym, enjoy our group fitness classes or are just starting your fitness journey, remember that every step counts. Small, consistent efforts can make a big difference to how you feel, both physically and mentally.

Fitness Focus

Fitness Tip of the Month: Consistency Over Perfection
You don't need to spend hours in the gym to make progress. Regular exercise, even in shorter sessions, can help improve your strength, energy levels, mood and overall wellbeing.

Your November fitness goals:

- Keep moving: Aim for regular workouts throughout the week, combining cardio, strength training and mobility exercises.
- Try something new: Challenge yourself to attend a different
- fitness class or learn a new exercise.
- Build strength: Include resistance training to support your
- muscles, bones and everyday movement.
- Warm up properly: Give your body time to prepare for
- exercise, especially on colder mornings.
- Make recovery a priority: Get enough sleep, stay hydrated
- and allow your body time to rest.



Your November Challenge
The 12-Workout Challenge!
Challenge yourself to complete 12 workouts throughout November. These could include gym sessions, group classes, swimming, brisk walks or home workouts.
Track your progress, celebrate each session and remember that every workout counts. Why not invite a friend or fellow member to take part with you?



A Little Motivation
Don't wait until January to work towards your goals. By staying active in November, you'll build positive habits, boost your confidence and head into the festive season feeling stronger and healthier.
This month's reminder: Show up for yourself, celebrate your progress and keep moving forward!
Speak to a member of our fitness team if you need help setting a goal or choosing a workout that's right for you.

Health & Nutrition

Warm, comforting and full of goodness, our Spinach, Sweet Potato & Lentil Dhal is the perfect dish for the cooler days ahead.
Packed with tender sweet potato, protein-rich lentils and vibrant spinach, this nourishing dhal is gently spiced to create a deliciously warming meal. It's hearty, wholesome and full of flavour, with a lovely balance of sweetness from the sweet potato and aromatic spices. Whether enjoyed on its own, served with fluffy rice or accompanied by warm naan bread, it's a satisfying dish that brings a little warmth and comfort to the table. Even better, it's a wonderful way to enjoy plenty of vegetables in one simple, delicious meal.

Ingredients:

- 1 tbsp sesame oil
- 1 red onion - finely chopped
- 1 garlic clove - crushed
- thumb-sized piece of ginger - peeled and finely chopped
- 1 red chilli - finely chopped
- 1 ½ tsp ground turmeric
- 1 ½ tsp ground cumin
- 2 sweet potatoes - cut into even chunks
- 250g red split lentils
- 600ml vegetable stock
- 80g bag of spinach



Method:

Step 1
Heat 1 tbsp sesame oil in a wide-based pan with a tight-fitting lid.
Step 2
Add 1 finely chopped red onion and cook over a low heat for 10 mins, stirring occasionally, until softened.
Step 3
Add 1 crushed garlic clove, a finely chopped thumb-sized piece of ginger and 1 finely chopped red chilli, cook for 1 min, then add 1½ tsp ground turmeric and 1½ tsp ground cumin and cook for 1 min more.
Step 4
Turn up the heat to medium, add 2 sweet potatoes, cut into even chunks, and stir everything together so the potato is coated in the spice mixture.
Step 5
Tip in 250g red split lentils, 600ml vegetable stock and some seasoning.
Step 6
Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape.
Step 7
Taste and adjust the seasoning, then gently stir in the 80g spinach. Once wilted, top with the 4 diagonally sliced spring onions and ½ small pack torn basil (or coriander) leaves to serve.

The Edge Class of the Month

Looking for a full-body workout that challenges you from start to finish? This month, we're shining the spotlight on Circuits, a fun, energetic and effective class designed to get your whole body moving!

Our 45-minute Circuits class combines 7–8 different exercises to target all areas of the body, helping you build strength, improve cardiovascular fitness and boost your overall endurance. With a variety of movements to work through, every session offers a chance to challenge yourself, work at your own pace and make progress towards your fitness goals. Whether you're looking to improve your fitness, build strength or simply add some variety to your weekly routine, Circuits is a great way to get moving in a supportive group environment. With exercises covering the whole body, there's something for everyone, and you can adapt the intensity to suit your ability.



When can you join us?

- Monday: 18:00
- Thursday: 18:00 and 19:00

Why not give Circuits a try this month? Come along, challenge yourself and enjoy a great all-round workout with our fitness team!

Your next workout starts here at The Edge!

Members Perks

The Edge at Barnham Broom Club Card

Enjoy even more benefits as a member with the Barnham Broom Members Club Card! As part of Barnham Broom's loyalty scheme, members can unlock 15% off food and drink, making it even more rewarding to enjoy everything the resort has to offer.

Your Members Club Card is completely virtual, so there's no need to carry an extra card with you. Simply create an account online to access your virtual card and start enjoying your exclusive member discount.

How to get started:

1. Visit The Edge at Barnham Broom Member's Portal
2. Create your account and access the online portal.
3. Find your virtual Members Club Card and enjoy your member benefits!

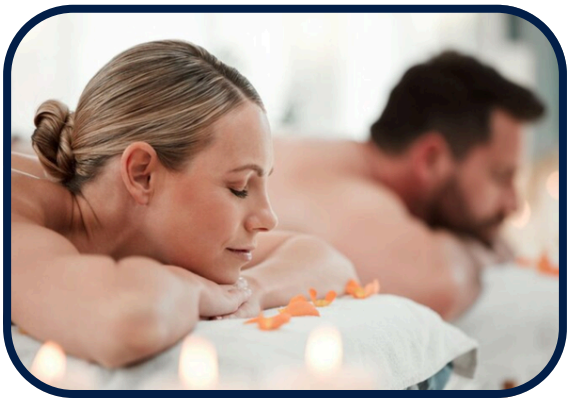


Make the most of your membership, whether you're stopping by for a coffee, enjoying a meal or treating yourself to something after your workout.

Spa Deal

Enjoy 15% Off Spa Treatments

Don't forget to make the most of your membership benefits! As a member of The Edge at Barnham Broom, you can enjoy an exclusive 15% discount on spa treatments. Whether you're looking to unwind with a relaxing massage or treat yourself to a little well-deserved pampering, why not take some time out for you? We recommend booking in advance to secure your preferred treatment and time.





Pause & Restore Wellness Retreat

Escape the everyday and indulge in a rejuvenating day dedicated to your wellbeing at Barnham Broom. Enjoy yoga, spa access, a 30-minute ESPA treatment, a nourishing lunch, guided meditation, relaxation sessions and wellness treats throughout the day.

24th November 2026 | 09:30 – 18:00
29th December 2026 | 09:30 – 18:00

£127.00 Per Person

Whats Happening at Barnham Broom

A little festive inspiration for your November diary.

Christmas Wreath Making Workshop

Join Billie's Blooms at Barnham Broom for a Christmas wreath-making workshop, delicious seasonal treats and a creative afternoon with friends.

29th November 2026 | 15:00 – 18:00

£68.00 Per Person

