

November 2011 - Newsletter

### Know Your Instructor!

**Name:** Helena Rea  
**Role:** Duty Manager & Fitness Instructor  
**Experience and Qualifications:**

- Premier International Level 2 gym instructor
- Premier International Level 3 Advanced Personal Trainer
- Keiser Indoor Spin Instructor
- Circuits Instructor
- Personal experience of losing 5 1/2 stone in 1 1/2 years

**Likes:** Working out in the gym, Listening to RnB, hip hop and grime music  
**Favourite Food:** Anything hot and spicy!  
**Favourite Film:** Stand By Me  
**Idol:** Will Smith  
**Favourite Quote:** 'Lovin' it, Lovin' it, Lovin' it!'

## Good-For-You Packaged Foods

It doesn't always have to be freshly picked to be tasty and nutritious...

### **Canned Carrots**

The immune boosting antioxidant betacarotene in carrots is more easily absorbed by your body when eaten cooked, so canned carrots offer a quick, convenient way to get the most from this veg. As an added bonus, tins are sealed airtight which means no chemical preservatives are needed. Choose carrots canned in just water, without added salt, perfect for using in soups and stews.

### **Frozen Mixed Berries**

Just 3 days after picking a berry you will have lost 50% of its vitamin C, while a frozen berry is often flash frozen on the day it's picked, giving frozen berries about the same nutritional profile as fresh. Use frozen fruit to make morning smoothies or a quick and tasty dessert swirled into natural yogurt. 80g is one of your 5 a day. Tip: if left in the freezer too long, the flavour may deteriorate after about 3 months.

### **Frozen Spinach**

Spinach is rich in iron, folic acid and vitamins A, C and E but it doesn't keep well. After 8 days in a fridge it has lost 47% of its folic acid and other nutrients are in rapid decline. The frozen version will be far more nutritious. 2 days after picking, 100g of fresh spinach contains 4.1mg of vitamin C, while frozen contains a whopping 14mg. The freezing process slightly reduces levels of the more fragile vitamins, C and B, but the rest of the nutrients will be locked in by flash freezing.

Brought to you by Amanda Hamilton—Health & Fitness Dec 2011 issue

## BOXERCISE and its benefits!



*Boxercise is one of the most effective forms of cross training available today. It's fun as well as helping to develop your concentration, confidence and social skills in a fun environment. Students are encouraged to work as a team, exercise their hearts and improve co-ordination skills.*

Classes are held at the sports centre on:

**Mondays: 7.30pm - 8.15pm**

**Wednesdays: 7.15pm - 8.00pm**

**BOOK INTO A BOXERCISE CLASS TODAY!**

## STEP UP...

...TO THE MARK AND CHALLENGE THE SPORTS CENTRE

For a small donation, each time you go on the stepper, you get to add your distance to the accumulative pot for the sport centre instructors to beat.

**All money raised will go to Help For Heroes**

On Thursday, the 1st Dec Lisa, Andy, Helena, Ian and Fran will spend 12 hours on the stepper. Each staff member will spend 20 minutes stepping away, trying to beat the distance that you have achieved during the month of November.

**Ask a member of the sports team for more details**