

CB Fitness

September Newsletter

Welcome to the 1st CB Fitness Newsletter, this is a monthly newsletter that can be subscribed to or downloaded from the CB Fitness website. If you have subscribed to the email version you will find the promotional code within the email.

What happened in September?

During September children went back to school and we finally had a bit of sunshine, this brought out all the fitness fanatics to start running. With the Bath Half Marathon coming up in March those of you who have entered will be getting into some serious training, look out for the October Issue when I will have a smoothie recipe to help with recovery.

Can I benefit from Skins clothing?

Skins clothing is a base layer compression garment designed to increase blood flow while exercising which will increase recovery rate and increase strength gains and aid in regulating body temperature. Lactic Acid is a by-product of the Lactic system, Lactic Acid within the muscles stops the muscles from working to their full potential. Skins clothing increases blood flow which removes Lactic Acid from the muscles and provides the muscle with the oxygen it needs.

If you are doing long distance events then I believe Skins clothing will be very beneficial to you, however if you are doing an average gym session then stick to the Joggers and T-Shirt, its much cheaper.

Exercise? How much should I do?

The government is advising people to exercise 30 minutes a day 5 days a week, and I agree completely with this, however the government are saying you have to walk for this 30 minutes, however so long as you are pushing your pulse above its Resting Heart Rate then this is brilliant. This could mean you do some gardening for 30 minutes or go for a light cycle ride. The most important thing to do with exercise is to find something you enjoy, many people use the gym as they believe this is the 'right' thing to do, however if you do not enjoy it then you will not do it. Sports are a good way to keep fit, if you currently don't play a sport find a low impact social sport to get you into playing sports, not only is it a good way to play sport but is also a good way to meet new people.

Autumn Smoothie Recipe

Blackberry and Raspberry Smoothie

Ingredients:

½ cup of Blackberries
10 Raspberries
1 Cup of Vanilla Yogurt
1 Cup of Milk
1 tsp of Sugar
Half a dozen Ice Cubes

Serves: 2 Calories per Serving: 211

Method:

1. Place all ingredients in blender.
2. Blend to desired consistency.
3. Pour into glass and add crushed ice.