

Lift Weights To Stay Young

If you want to future-proof your health and stave off the signs of ageing, **stop avoiding the weights area in the gym.** New research in the *Archives Of Internal Medicine* shows that women who perform regular resistance training in their **30s, 40s and 50s** are less likely to suffer chronic diseases or heart and brain problems later in life. Weightlifting offers plenty of **slimming and toning** bonuses, plus, as weights work raises you metabolism, you'll continue to burn more calories and fat even at rest. Seems those dumbbells are pretty smart after all....If you



would like a weightlifting workout or just to be shown some new exercises please speak to someone from the leisure department.

Hopefully you have already felt the benefits of our new and improved **AIR CONDITIONING** unit in the gym.

If you require any changes to the temperature please ask a member of the leisure department and we will change the settings for you.

October Superfood... Kale

Kale is a super vegetable by all accounts. Great health benefits of kale make it hard to replace in a healthy menu. Kale is high in vitamin C and K, moderate in Calcium, and low in fat and calories. Kale contains beta carotene, and it has one of the highest amount of the antioxidants among all food measured

Health benefits of kale:

- Strengthens bones
- Combats cancer
- Protects your eyesight
- Aids in weight loss
- Boosts immune system.

You can use kale in soups, salad, or add to smoothies.



BOOK 10 PERSONAL TRAINING SESSIONS FOR £160 DURING THE MONTH OF OCTOBER and save £40!!!

NEW WEEKEND OPENING HOURS

SATURDAY: 8.30am—8pm SUNDAY: 8.30am—6pm

SHOP YOURSELF YOUNGER!

Get a health boost and stop the clock with our age-defying buys

1 AVOCADO An anti-ageing superhero, it's rich in free radical-fighting vitamin E, to keep your hair shiny and skin glowing. And its healthy fats will lower your cardio risk, too.

2 BLUEBERRIES Bursting with anti-inflammatory flavanoids, these berries are thought to improve short-term memory, to keep your brain firing

3 BROCCOLI Like most dark green veg, it's packed with antioxidants, which slow down age-related sight loss, and help your peepers maintain perfect vision.

4 PEANUT BUTTER Although high in calories, it's packed with heart healthy fats as well as being a good source of powerful antioxidants and skin-boosting vitamin E

5 PUMKIN SEEDS These ward off wrinkles the natural way. They're a great source of zinc, which boosts collagen and elastin to keep your skin firm and supple

6 RAPESEED OIL Low in saturated fat, rapeseed is a great non-fish source of omega-3, to help vegetarians stave off inflammatory conditions like arthritis

7 RED WINE High in healthy polyphenols, such as resveratrol, it may be why the French have less heart disease. But stop at one glass or you'll cancel the benefits

8 WHOLEWHEAT PASTA Packed with fibre, vitamins and minerals, whole grains protect against a host of OAP health risks, from colon cancer to type 2 diabetes

Try this 20 minute Fat-Burning Cardio Plan

<u>Minutes</u>	<u>What To Do</u>	<u>RPE</u>
0-5	Warm-up with an easy walk, increasing speed to 3 mph. During the last minute, take the incline up to 12-15%	6-7
5-7	Lower the ramp to 1% and increase speed to 4.5 to 6.5 mph (depending on your ability)	7-8
7-8	Reduce speed to 3.5 and increase incline to 3-5%.	6
8-17	Repeat minutes 5-8 three times	6-8
17-20	Reduce incline to 1% and cool down easy.	3

This [workout](#) involves four 5-minute intervals on the manual setting without holding onto the handrails. Stay springy in your step, [pump](#) your arms, and keep your muscles tight as you walk up hills and inclines, (you'll feel it in your glutes and arms). As your body adapts, gradually increase your speed both on the run-walk intervals and on the walk recovery.

NEW CLASS!!!

Starting Friday 7th October @ 6.30pm—7.15pm. Circuits with Chris in the studio. Toning class for ALL abilities.

The Cornwall Mother and Baby Show

The Cornwall Mother and Baby show that was held here at Retallack Resort and Spa on the 2nd September was a great success and has raised £900 so far for Tommy's Baby Charity, we hope to raise our target of £1000. **THANKYOU** to all who attended and supported this amazing charity. The Tommy's Lets Get Baby Friendly 2012 Awards are now open. Please vote for Retallack Resort as the Best UK Holiday Provider at www.bounty.com/tommysawards



OCT SPA OFFER

Book a Spa Day for a friend for £35 and receive 50% off an Express Facial!

Spa Day includes a Back, Neck and Shoulder Massage, use of our pool, sauna and steam room and a free Fruit Smoothie from our new healthy juice range in the bar. All for just £35, Terms and Conditions apply, for more details please contact us.

September Birthday Wishes to:

Lucas Vinnicombe/ Jessica Bray/ Ann Curgenven/Wilf Gammon/ Emma Caddis/ Jessica Thorpe/ Pat Willis/ Amanda Martin/ Neil Harding/ Alyson Martin/ Fiona Gammon/ Louise Lobb/ Rachel Richards/ Rachel Straker/ Benjamin Collings/ Thomas Vine/ Amira Walton/ Max Richards/ Jonothan Pascoe/ Alison Hatcher/ Sonia Allen/ Jade Flide