

Perfect your running technique:

Head: In neutral position, with eyes looking at the ground 10—30 metres ahead of you.

Torso: For optimal lung capacity and a strong core, run tall with a straight back.

Arms: Elbows should be relaxed 90° angle, with hands unclenched. Arms should swing in-time and in opposition to leg strides.

Hips: Should face forward and stay stable, rotating only slightly as you drive the knees.

Knees: Lifting the knees too high is a waste of energy. The knee lift should follow through quickly after the heel leaves the ground.

Feet: Should strike the ground lightly, landing under your centre of gravity. If your feet are slapping the ground, you may be over-striding.

Put these tips into practice on the 5k route

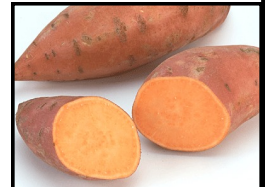


News: As many of you may already know Sarah is leaving this month to go on maternity leave and if all goes well she will be back in April 2012. We all wish her the very best of luck with the arrival of her first child.

If you have any comments or suggestions, please feel free to email them through to marie@retallackresort.com

September Superfood... Sweet Potato

Whichever way you enjoy your Sweet Potato....Baked, flash fried or roasted, they are packed full with Vitamin A (beta-carotene) and Vitamin C. Both are powerful antioxidants that work in the body to remove free radicals. They are also good for stomach ulcers and inflamed conditions of the colon, they are beneficial for low blood pressure, may help with haemorrhoids due to their high fibre content, they may help prevent cancer in glands and organs with epithelial tissue due to it's high Vitamin A content., Sweet potatoes are also a great food for diabetics, because they stabilise blood sugar levels.



BRAND NEW CLASSES!!

We have also posted you an updated class timetable this month. These new classes start in September and we will see how successful they become. Hopefully you have met our new instructor Laura, she will be teaching Sarah's old classes whilst she is on maternity leave, as well as teaching some of the brand new classes on the timetable. We just wanted to tell you a little bit about what the new classes are going to consist of.

Brazilian Butt Lift: This 30 minute class will create that Brazilian Butt, lifted and sculpted!! The class will combine Brazilian Dance, Cardio and the best derriere-sculpting moves you've ever tried. You will use a wide range of equipment such as steps, bands and weights.

Power Sculpt: This will be an intense conditioning class utilizing various equipment such as weights, body bars and tubing to sculpt and strengthen your body.

P.T Body: Come sweat, learn and be INSPIRED by our Personal Trainers. Each week features a different trainer and highlights what they bring to the table. Learn Boxing Technique, Interval Training, Stretching for Life, Strength Training, and much more!

Q:I HATE MY BINGO WINGS. HOW CAN I LOSE THEM WITHOUT GETTING ARMS LIKE MADONNA?

A: First things first: you'd need to lift a lot of weights to transform your arms Madonna style! To target your arm muscles without bulking up, try three sets of 15 tricep dips and half or full push-ups, these will help to tone the muscles without adding mass. But to burn the excess fat you'll also need to check your diet—simple but true: you've got to use up more calories than your taking in.



Pregnancy Fitness: Part 3

Just because you fall pregnant doesn't mean you can't keep up your exercise regime. So here is the final part in our guide on what you can do if you would like to remain active throughout your pregnancy.

Trimester 1: 1 –13 weeks

It is helpful to start preparing for the postural adaptation's that typically set in during pregnancy, such as a forward shift of centre of gravity, anterior pelvic tilt and lordosis of the lumbar spine. So during this time concentrate on lower back exercises and your pelvic floor, whilst avoiding abdominal exercises such as crunches.

Trimester 2: 14 –27 weeks

Minimise exercises that involve lying down, use static holds or push weights over you head—these all raise blood pressure which can become slightly elevated in some women at this time.

Trimester 3: 28 –40 weeks

Anything that encourages excessive flexibility, such as vigorous stretching, advanced yoga or Pilates should be avoided at this stage. Fatigue is a considerable factor for many women in the final trimester and it may reduce the frequency and desire for exercise and activity.

This article has been derived from premier training, if you would like to speak to one of our in house trainers regarding pregnancy fitness please book an appointment, or for more information regarding this article please visit, www.premierglobal.co.uk



Blueberry Cheesecake



Ingredients

- * 75 g butter, melted, plus extra for greasing
- * 175 g digestive biscuits
- * 175 g blueberries, plus extra for decorating
- * 450 g cream cheese
- * 150 g caster sugar

- * 1 tsp vanilla extract
- * 4 eggs, lightly beaten
- * icing sugar, to dust

Method

1. Preheat the oven to 180/gas 4. Butter a 24cm cake tin.
2. Pulse biscuits until the mixture resembles rough breadcrumbs. Mix the crushed biscuits with the melted butter and press down into base of tin. Spread the blueberries over base and chill in the fridge until needed.
3. Beat the cream cheese, sugar, vanilla extract and the eggs together in large bowl until smooth/creamy. Pour over top of blueberries, bake in oven for 40 minutes, until pale golden.
4. Remove from oven and cool in tin for 10-15 minutes, then run a knife around edge to loosen, carefully remove cheesecake from tin. Transfer to a serving plate. Sprinkle over a few blueberries, then dust with icing sugar.
5. Cut into slices to serve. This cheesecake is best eaten when it is at room temperature.

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