



Newsletter

A fresh approach to fitness

Spring 2011

Welcome to our spring newsletter. In this issue we hope to inspire you to put a spring in your step with our new fitness classes, enjoy the health benefits of a fat-busting smoothie, support us in our efforts to become a greener gym and join in with one of Anita's challenges.

We are delighted to welcome Anita Edwards to our team. Anita is a professional fitness instructor who specialises in one-to-one training as well as being an expert in motivating members in a fitness class.



Congratulations also to Stevie, who has recently passed the YMCAfit Exercise and Fitness Knowledge Level 3.

Terry Baptiste



Greener Gym

As part of our aim to become a greener gym, members are being encouraged to buy a Gullane Gym water bottle, available at reception for only £3.00.

Please Note: from 1st March disposable cups will no longer be available for the water fountain.



facebook

Don't forget you can now find us on facebook. Check out our page for all the latest news.



Combining an eclectic mix of latin and international music to create a dynamic, exhilarating and effective fitness programme.

Using cardio-based, easy to follow dance moves and including body sculpting, Zumba targets areas such as glutes, legs, arms, core abdominals and, most importantly, your heart.

We hope you will join us at the Zumba launch on Saturday 26th February. Speak to us at reception or contact us by phone on 01620 843945 or email us info@gullanegym.co.uk to book your space at one of our free thirty minute taster sessions.

You don't have to be a dancer to take part in one of our Zumba classes, just wear comfortable clothing, and remember to bring a water bottle and a big smile!

To find out more, check out the zumba website at

<http://www.zumba.com>

Please Note: future Zumba classes will cost:

£2.50 for members;

£5.00 for non-members.

If Zumba is not for you, why not try a spinning class on one of our brand new spinning bikes. Details available on our website.

We've all heard of carbohydrates and GI index, but how do they affect our health?

Carbohydrates

It is recommended that the bulk of the diet should be provided by carbohydrates, approx. 60%. The main function of carbohydrates is to provide energy for body cells. Regardless of whether carbohydrate enter the body in the form of starch (complex carbohydrates) or sugar (simple carbohydrates), it is always converted to glucose before being utilised by the cells. Although most cells in the body use a mixture of carbohydrate and fat for energy, the brain and nervous system can only use glucose. Examples of dietary carbohydrates are shown in table 1.

When it comes to purely satisfying the carbohydrate needs of the body, there is no difference between simple or complex sugars. All carbohydrates carry four kcal per gram. In this respect, sugar is no more fattening than a potato. However, there are other differences which make the choice of carbohydrate important to healthy eating. A potato is bulky and will fill you up, whereas a few spoonfuls of sugar will not. A potato will also contain some useful vitamins, minerals and fibre, which refined sugars won't.

The Glycaemic Index (GI)

The glycaemic index is a ranking given to carbohydrate foods based on their effect on blood glucose levels. Carbohydrates that break down very quickly during digestion and sharply raise blood glucose levels are given a high GI. Carbohydrates that break down slowly and release glucose gradually into the blood stream are given a low GI. Things to consider when choosing high or low GI carbohydrates:

- Low GI carbohydrates have benefits for weight control as they can help control appetite and delay hunger;
- Low GI carbohydrates help to keep energy levels and concentration more even throughout the day, avoiding highs and lows associated with high GI foods;
- Low GI carbohydrates have benefits for individuals with type I and type II diabetes as they can improve the body's sensitivity to insulin;
- High GI foods provide a quick supply of glucose and can be beneficial for fuel before, during and after prolonged exercise (e.g. energy drinks and gels).

Examples of GI values are shown in table 2.

This article has been adapted from YMCAfit Exercise and Fitness Knowledge Level 3 Study Pack, version 2.7

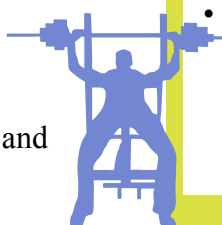


Table 1	
Simple (sugars)	Complex (starches)
Sweets	Bread
Fizzy Drinks	Rice
Sucrose (Sugar)	Potatoes
Chocolate	Pasta
Jam	Oats
Fruit	Pulses
Honey	Root Vegetables

Table 2		
Low GI 55 or less	Medium GI 56-69	High GI 70 or more
Oats	Brown Rice	White Bread
Barley	Basmati Rice	French Fries
Bran	Pasta	White Rice
Pulses	All Bran	Co-Co Pops
High Fibre Cereal	Boiled Potato	Mashed Potato
Milk	Muesli	Baked Potato
Plums	Pitta Bread	Bagel
Cherries	Special K	Cornflakes
Yoghurt	Banana	Cous Cous
Apricots	Kiwi Fruit	Soft Drinks
Pears	Jam	Raisins
Peanuts	Honey	Rice Cakes
Plums	Noodles	Muffin

Mixed Berry Smoothie



- 80g Raspberries (low in calories and packed with vitamin K)
- 80g Blueberries (contain pterostilbene which help the body break down fat and cholesterol)
- 50g Blackberries (pectin in the berries will help keep blood sugar levels stable which help prevent cravings)
- Water
- 25g Whey Protein (helps aid muscle growth and also keeps you feeling fuller for longer)