

Welcome to the summer edition of the Lakeside Active Newsletter. As always there's lots going on so we hope to bring you the latest news and some great fitness tips including tasty recipe options. We start by congratulating our NHS on it's 70th birthday!



The NHS is turning 70 on 5 July 2018. It's the perfect opportunity to celebrate the achievements of one of the nation's most loved institutions, to talk about the wide array of opportunities being created by advances in science, technology and information, and to thank the extraordinary NHS staff – the everyday heroes – who are always there to greet, advise and care for us.

Over the last 70 years, the NHS has transformed the health and wellbeing of the nation and become the envy of the world. We will look at the radical thinking that led to the creation of the NHS and its founding principle of free high quality health care for all, how it's evolved to meet our changing needs and the innovations we can look forward to over the next 70 years.

We are all proud of our NHS. It has delivered huge medical advances and improvements to public health, meaning we can all expect to live longer lives. It is thanks to the NHS that we have all but eradicated diseases such as polio and diphtheria, and pioneered new treatments like the world's first liver, heart and lung transplant. The NHS continues to drive innovations in patient care, including mechanical thrombectomy to improve stroke survival, bionic eyes to restore sight, and surgical breakthroughs such as hand transplants. Looking to the future, the NHS is becoming more integrated and investing in new medicines, genetic research and digital technologies like apps and artificial intelligence, which will ensure we continue to live longer and healthier lives.

## Exercise Of The Month

### V-Sit Kickouts



Assume a V-sit position, your butt on the ground, knees bent at your chest and feet just above the floor. Your arms should be at your side, with your hands just above the floor. Slowly straighten your legs and lower your torso. Pause when your legs are straight, your feet and upper back just a few inches above the floor. Reverse the movement and repeat.

## Team Member Interview

Paul Higson



**Hi Paul, what do you enjoy most about working at Lakeside Active?**  
I enjoy the friendly atmosphere within the club and seeing the members each day. Working in my role I get to meet people from different backgrounds and take pleasure in seeing people reach their targets.

**Tell us a bit about your background and how you got here?**

I've worked within the fitness industry for 10 years covering a wide range of roles from teaching classes such as Circuits, Omnia and Abs. Fitness programmes, individual training sessions to coaching. In 2009 I started working at Aston Villa Football Club as an apprentice Fitness & Support Officer. During this period I worked with academy players through to the first team doing team drills to individual sessions. In 2013 I left Aston Villa Football Club and focused my time at Ramada Leisure teaching classes and training sessions. 2014 I started studying Health Studies at Birmingham City University while still working at the leisure club. During time taken out from work the following year I travelled through SE Asia making stops in Thailand, Kuala Lumpur, Singapore and Bali eventually reaching Sydney, Australia where I worked as an Outpatient Clinic Manager and travelled up the East Coast. Since my return to the U.K I've started working at the rebranded Lakeside Active Health Club completing additional courses in Pool Operations Management at the University of Birmingham to help me take on the role as Team Leader at the club.

**What do you like to do in your spare time when not at work?**

I love to travel so I'm always looking for the next destination to tick off my list. Hopefully South America sometime next year. I love to go out and socialise meeting friends for food and drinks with Digbeth Dinning Club a firm favourite.

**It's your last meal, what options would you choose for your starter, main and dessert if you could have anything?**

Ooo, that's a hard one! I'd probably have Jack Daniels chicken strips to start, a good fillet steak with chunky chips asparagus and fried egg for my main. I'm not a massive sweet person but I'd say New York cheesecake with a scoop of ice cream.

**What's advice would you give to someone starting at the gym?**

Make the most of your gym session by planning what you're going to do to maximise your time. Ensure you look to change up your programme every 4 – 6 weeks as your body will start to find your workout predictable and your progression will decline. Be realistic on how many times you can train as you'll only get yourself down if you start missing sessions. Keep at it, the first few weeks will be the hardest but then you'll start to get into a routine and see results.

## Healthy Summer Dish

Zingy Teriyaki Beef Skewers



**Ingredients**

1 tbsp tamari or soy sauce, 3 tbsp freshly squeezed orange juice, 15g chunk ginger, peeled and very finely grated, 2 garlic cloves, crushed, 1 tsp honey, (preferably raw), ¼ tsp chilli flakes, 300g beef sirloin steak, trimmed of hard fat and cut into long, thin strips

**For the salad**

100g long-grain brown rice, ½ cucumber, cut into small cubes, 2 medium carrots, 4 spring onions, trimmed and diagonally sliced, 100g radishes, trimmed and sliced, 20g coriander, leaves roughly chopped, plus extra to garnish, 10g mint leaves, plus extra to garnish, 1 tbsp cold-pressed rapeseed oil

## Class Focus

Abs & Core

**Where?**

In the Studio located adjacent to the lower gym area

**When?**

11:45am – 12:15pm every Friday

**What's involved?**

Multiple core exercises aimed at hitting the lower abdominal & obliques



## Member Interview

Josh Cronin



Hi Josh thanks for taking part in our July member interview. Well let's get straight into it, what's your go to gym track?

I'd probably have to say AC/DC – Thunderstruck, it gets me going when I need that extra boost.

**What's the best advice you could give someone starting at the gym?**

Don't expect instant results as it doesn't work like that! Keep it slow, steady and small with your targets and have a routine.

**What do you like most about Lakeside Active?**

Well apart from the obvious friendly gym atmosphere and helpful staff I'd have to say the choice of equipment and availability to get onto the machines every time I come.

**What's your current gym goal/target?**

To get under 10% body fat with a lean muscle weight of 10kg difference to total body weight

**The Dazzlettes**  
Motown Trio

**RAMADA**  
Birmingham, Sutton Coldfield

**Saturday**  
**25th Aug**

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£20 per person  
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