

# move more monthly

Issue 31, November 2011

This is the Go4Life online newsletter informing members about opportunities to get and stay active and healthy in North Somerset.

You can contact Go4Life by email [go4life@n-somerset.gov.uk](mailto:go4life@n-somerset.gov.uk) or by calling 01275 882 730. Visit the website for more information [www.go4life.org](http://www.go4life.org)

Santas on the Run

## **Festive fun for a good Claus!**



A sight to behold! Hundreds of Santas taking part in sponsored fun runs all across the South West. Join hundreds of people this December for a 2km Fun Run through central Bristol all dressed as Santa.

There is a FREE santa suit with every registration. All you have to do is raise your sponsorship for Children's Hospice South West – Charlton Farm. There is no minimum sponsorship, we just ask that you raise as much as you can.

Join us on 4 December at 1pm at Lloyds Ampitheatre, Bristol.

For more information and to register call 01275 866 600 or visit [www.chsw.org.uk/santas](http://www.chsw.org.uk/santas)

Pilates in Backwell with Pattie Thornley

Pilates targets the deep postural muscles, building strength from the inside out and bringing the body into correct alignment. It will also improve your posture, achieving the perfect balance between strength and flexibility.

Thursdays 6.15-7.15pm – an ongoing intermediate/advanced class.  
Red Cross Hall, West Town Road, Backwell, BS48 3HG.



**Encouraging and helping people to live healthier and more active lives**

Beginners' class starting soon Thursdays 5-6.00pm

ALSO: "Pilates for Skiers" Workshops - starting in November.

Mastering good skiing posture is fundamental to good technique and injury prevention.

For more information call Pattie Thornley on 01179 294 632 or email [pattie.thornley@virgin.net](mailto:pattie.thornley@virgin.net)

Pattie is a BCP Matwork Master Teacher, member of the Body Control Pilates Association and member of the Register of Exercise Professionals (Level 4 Specialist in Back Care).

## Swimming Group

A successful swimming group for women with a dress size of 16 and upwards has been running for almost a year. The swimming group was established by the Health Trainers based at the For All Healthy Living Centre, for residents in the South Ward area of Weston-super-Mare.

The group swim every week at Hutton Moor leisure centre and have been able to pay for some of their sessions through the Go4Life Chequebook Scheme.

The group have benefited in terms of improving their health and fitness and on a weekly basis swim a combined average distance of 200 lengths.



The women are very supportive of each other and have developed some good friendships and peer support. They also discuss other health related topics such as dieting and nutrition, as many have attended Slimming World and Weight Watchers before and they see this as an opportunity to talk about their experiences, swapping hints and tips.

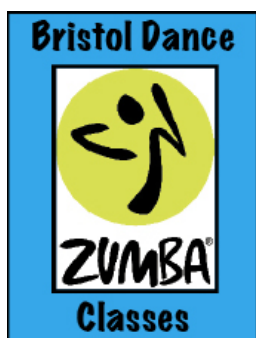
As Helen, one of the members says, *"I really enjoy getting a bit of exercise and I can see myself doing more each week. What I really like is the chance to chat with the other women"*

Anyone wishing to join this warm and welcoming group should call the Health Trainers, Jemma and Sharon, on 01934 426 124.



**Encouraging and helping people to live healthier and more active lives**

Ditch the workout and join the party!  
Yatton Pill and Long Ashton



If you want to work out, love music and movement and like to have fun while you exercise then ZUMBA could be for you. The classes are appropriate for men and women aged 14 years and upward and no partner is required. You work out to your own level and add your own 'flavour'. It's not unusual to see 15 and 70 year olds exercising side by side and loving it. A great way to tire out your teens or de-stress yourself. Booking is highly recommended.

For more information visit [www.bristoldancezumba.co.uk](http://www.bristoldancezumba.co.uk) email [bristoldancezumba@gmail.com](mailto:bristoldancezumba@gmail.com) or call 01179 634 104

## SlimDance

Release your inner goddess with our fabulous SlimDance & Latin Solo dance classes at Long Ashton Village Hall on Sundays at 6.30pm!

Our SlimDance class is a fantastic, stylish, Latin-inspired dance workout which will leave you feeling energised and toned, and will have you coming back for more!

Our Latin Solo classes are suitable for all ages and abilities, even those who think they have two left feet. These non-partner classes look at salsa, cha cha cha, rumba & samba in a friendly, relaxed and fun environment, so why not chase away those winter blues and come and give the classes a try at Failand Village Hall on Mondays at 8.30pm.



Call Cathy on 07785 797 904, e-mail [cathy.wilkin@slimdance.co.uk](mailto:cathy.wilkin@slimdance.co.uk) for more details, or check our website: <http://www.slimdance.co.uk/bristolclifton/>



Encouraging and helping people to live healthier and more active lives

# Yoga Classes

Anusara Yoga with Emma Gliddon

**Tuesdays 6.00pm**

Corpus Christi RC Church Hall,  
14 Ellenborough Park South,  
Weston BS23 1XW

**Wednesdays 7.30pm**

St Josephs RC Church Hall,  
Camp Road, Weston  
BS23 2EN

Relax and  
Renew  
reserve your  
place now

**Go4Life**  
North Somerset  
[www.go4life.org](http://www.go4life.org)



**mobile:** 07884 434710  
**email:** [info@doyoga.co.uk](mailto:info@doyoga.co.uk)  
**[www.doyoga.co.uk](http://www.doyoga.co.uk)**



Emma is a member of  
the Register of Exercise  
Professionals



Encouraging and helping people to live healthier and more active lives

## Walking for Health – November



If you would like to take part in any of the health walks in North Somerset there is no need to book beforehand, just turn up on the day to participate. The walks are aimed at those wishing to participate in gentle exercise and vary in levels of difficulty.

Tues 1	10.30am	Bandstand, Seafront, Elton Rd	Clevedon
Thurs 3	2pm	Village Hall Car Park, Claverham	Yatton
Mon 7	11am	Grove Sports Centre, St Mary's Grove	Nailsea
Mon 7	2pm	Railway Inn, Sandford	Weston-s-Mare
Tues 8	11am	Woodborough Inn, Sandford Rd	Winscombe
Mon 14	11am	Grove Sports Centre, St Mary's Grove	Nailsea
Mon 14	11am	Marina Healthcare Centre, Harbour Rd	Portishead
Mon 14	2pm	Congresbury	Weston-s-Mare
Thur 17	2pm	Bullocks Farm Car Park, Back Lane, Kingston Seymour	Yatton
Fri 18	10.30am	Bandstand, Seafront, Elton Rd	Clevedon
Mon 21	11am	Grove Sports Centre, St Mary's Grove	Nailsea
Mon 21	10.30am	Nailsea	Portishead
Mon 21	2pm	Hornets Rugby Club, Hutton Moor Rd	Weston-s-Mare
Tues 22	11am	Woodborough Inn, Sandford Rd	Winscombe
Mon 28	11am	To be confirmed	Nailsea
Mon 28	11am	The Café, Lake Grounds	Portishead
Mon 28	2pm	Coronation Hall, Coronation Rd, Bleadon	Weston-s-Mare

For more information call 01275 882 730 or email [sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk)



**Encouraging and helping people to live healthier and more active lives**

## Classes at Churchill Sport Centre



Monday evening 6.45-7.45pm - Core Stability with the Swiss Ball

Monday evening 8-9.00pm - Step Aerobics

Thursday evening 7.15-8.15pm - Step Aerobics

Also **Winscombe Ladies Running Club** Friday mornings 9.30-10.30am meeting at Mendip Complementary Health, Winscombe. Open to all abilities, with drills and exercises to help get you up and running and running more often and for longer.

For more information contact Madi Hearne on 07896 076 387

## Recipe of the Month

Eating well can lead to higher energy levels, a healthy body weight, improved sleep and better concentration. It will also help protect you from illness, so overall you will feel better than if you chose an unbalanced diet.

### Spicy Parsnip Soup

Serves 4

#### Ingredients:-

500g parsnips, peeled and chopped

2 tablespoons sunflower oil

1 onion chopped

1 clove garlic, chopped, or garlic granules

1.2 litres stock (made with low salt stock cube and boiling water)

1 Bramley apple, peeled and chopped

1 teaspoon coriander

1 teaspoon cumin

1 teaspoon turmeric

#### Equipment:-

Knife, chopping board, teaspoon, tablespoon, measuring jug, large saucepan, hand blender/processor



**Encouraging and helping people to live healthier and more active lives**

Method:-

1. Heat the oil in a large saucepan and add the spices. Gently fry for a couple of minutes
2. Add the chopped onion to the spices and cook gently for 5 minutes, then add the garlic
3. Add the prepared parsnips to the saucepan with the stock, the chopped apple and some seasoning; simmer without a lid for 45 minutes
4. Cool a little then liquidise the soup, return to the pan and re-heat when ready.
5. Dilute with a little water if too thick

**Please note that although North Somerset Council is seeking to encourage physical activity it does not take any responsibility for the individual activities in this newsletter. Please seek medical advice if you are at all unsure about starting any physical activity. We cannot accept any responsibility for any injury or health problems which may arise from taking part in physical activity.**



**Encouraging and helping people to live healthier and more active lives**