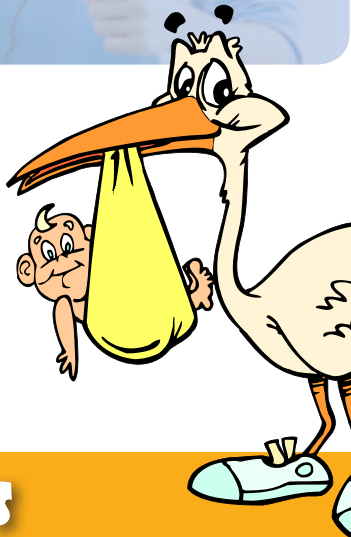


# Referral Scheme

Don't forget that if you refer a new member to Knights Templar you will receive a months FREE Membership (Subject to terms and conditions). So why not talk to your friends and family and tell them how great it is down here? If they are interested all you need to do is complete a referral form at reception and we will do the rest. Its quite simple!

## Congratulations to Debbie!

Debbie Hylton, one of our fitness consultants who has been away a number of months due to pregnancy has had a beautiful baby boy named Joseph! Joseph was born on 1st December at a healthy 9 pounds 10 ounces. On behalf of all our members we send new parents Debbie and Paul our best wishes.



## GYM CHALLENGE WINNERS

Congratulations to our latest winner's Dave Sperring for the 'Mini-Triathlon Challenge' and Joel Strickland and Shelley Brantigan for winning the 'Press-ups Challenge'. The winner's received points for our loyalty scheme which they exchanged for prizes.

Our next Gym Challenge is 'The Quickest Mile' - How fast can you run a mile on the treadmill?



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# THE TEMPLAR TIMES

Newsletter 03

Spring 2010

2010 is a new year, a new decade and new beginning. How about a new you? Knights Templar Sports Centre has a well trained and informative fitness team who are here to give you the advice you need to help shift that excess weight!

## Charity Events

On Sunday 26th October 2009 Knights Templar hosted a **Children in Need** charity day! Activities included a staff vs. members basketball match and a children's Pudsey afternoon.

Our centre also hosted a charity "aerobathon" on Monday 8th February, when gym members and staff completed 2 hours of constant fitness exercise to raise money for the **NSPCC**. Well done to everyone who took part!

In aid of **Sport Relief**, Lesley Day, a loyal gym member, has decided to complete 10km on the rowing machine, for three consecutive days. Please support her by sponsoring what you can, see a member of staff for details.

We look forward to hosting other charity fundraisers in the future and would be grateful for any support you could give.



In This Newsletter...



EXTRA MUSCLES  
**WORKED**



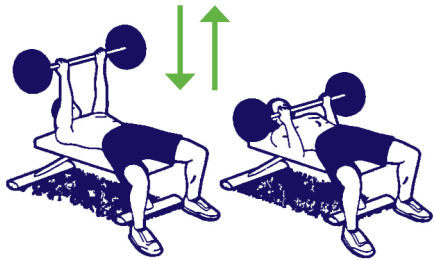
Gym Challenge  
**WINNERS**



## How to shift excess weight?

Here at Knights Templar Sports Centre we want to help you feel your best. We've introduced a new 8 week nutritional guidance course called Eat Yourself Slim! The course costs £50 and we are so confident of it's success that if you are not satisfied with the results after the 8 weeks we will happily give your money back!

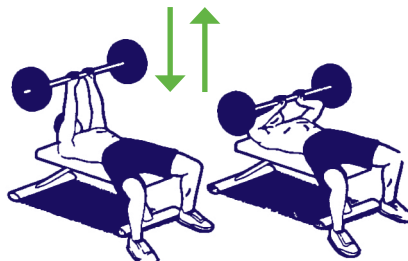
## 3 Change-ups to keep your muscles guessing



### Upper Chest

**Direction:** Swap the overhand grip for an under hand grip.

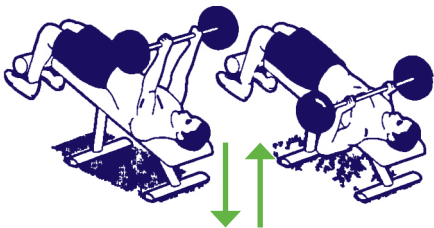
The white coats at the Canadian Memorial Chiropractic College found using an underhand grip work 27% more upper pecs muscle than an over hand grip



### Triceps

**Direction:** Place your hands 10cm apart on the bar.

It utilises all three heads of your triceps, and will build a solid set of arms, which will soon be stretching your T-shirt sleeves.



### Lower Chest

**Direction:** Set up on an adjustable bench and lower it into a decline position.

Do these as the third exercise in your chest routine to hit your lower pecs. This will improve your v-shape and throw some serious muscle shadow come summer.

# Tuna VS Salmon

## ENERGY

Tuna – Neither fish has a single gram of carbohydrate so don't rely on them to keep your body pumping, in particular tuna has only one calorie per gram!

Salmon - Although this fish has only 1.4 calories per gram, 200g of salmon will give you well over your RDA of vitamins B6 and B12 which enable your body to release energy from everything else you eat, whilst also boosting your mood.

## MUSCLE

Tuna – In a race, the tuna fish would beat the salmon, clearly the open sea is better for building up protein! A small 100g of fillet will give you whopping 23.4g of protein.

Salmon – In 100g of salmon is a still respectable 19.8g of protein. Muscular gain isn't just down to protein however, recent research claims that cholesterol aids muscle repair. The salmon has 55mg of cholesterol beats tuna's 44mg.

## RECOVERY

Tuna – The silvery coating shows how much mercury is in tuna, sometimes up to 27 times more than salmon. Although this isn't a dangerous amount, if you want to play it safe, use salmon after a workout.

Salmon – Salmon contains a massive 2018g of omega3s, compared to the tunas mere 243mg. Research shows that these fatty acids help to prevent inflammation which makes it perfect for a nice training recovery.

# Winner

Salmon – for its fantastic vitamin content and recovery enhancing benefits!

