

LEISURE LIFE NEWSLETTER

Lifestyle, Arts, Fitness & Wellness

ABINGDON
SPORTS &
LEISURE



Wishing all of our customers a
happy and peaceful Christmas

We have been so pleased to have welcomed so many of you into our facilities this year and we thank you for joining us on our journey to full reopening again, post Covid-19 restrictions.



We would like to take this opportunity to wish all of our customers a very happy and peaceful Christmas and we look forward to welcoming you back to our facilities in the New Year.



December 2022

Vol. 5

TOP NEWS

- **Wishing all of our customers a happy and peaceful Christmas**
- **Amey Theatre What's On New Year Live Screenings**
- **Give your fitness and wellness a boost in 2023**

Amey Theatre What's on



 **ROH Live: Like Water for Chocolate**
Thursday 19 January
2023, 7.15pm



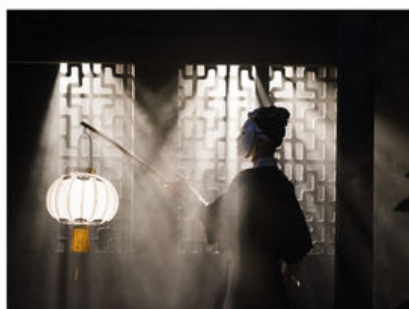
 **NT Live: The Crucible**
Thursday 9 February
2023, 7.00pm



 **ROH Live: The Barber of Seville**
Wednesday 15 February
2023, 7.00pm



 **NT Live: Othello**
Thursday 23 February
2023, 7.00pm



 **ROH Live: Turandot**
Wednesday 22 March
2023, 7.15pm



 **ROH Live: Cinderella**
Sunday 16 April 2023,
2.00pm


Book Live Screenings and Events Now

NT Live & RSC Live: Adult: £14 Concession: £12
ROH Live: Adult: £16 Concession: £13

To book your ticket or find out more about our upcoming events,
please visit www.ameytheatre.co.uk

Amey Theatre, Abingdon School, Park Road, Abingdon OX14 1DE
01235 849 063 | boxoffice@abingdon.org.uk | [@AmeyTheatre](https://twitter.com/AmeyTheatre)

Activities are run by Abingdon School Enterprises Limited on behalf of Abingdon School. Company No. 04442429.



Give your fitness and wellness a boost in 2023

We often start a new year by wishing we felt a little fitter, had a healthier diet, or, perhaps just felt a little better about ourselves. So, we've put some suggestions together that you may have heard before, but sometimes we all just need a gentle reminder.



Aim for the recommended exercise level

The Centre for Disease Control and Prevention recommends exercising for 30-minutes five days a week, including muscle-strengthening exercises at least twice a week. If that sounds too much or isn't realistic for you, just do what you can.

The benefits of a full-body workout [Livestrong.com](https://www.livestrong.com) highlights the benefits of a full-body workout, which targets exercises for the upper body, the core, and lower body, and it also elevates the heart rate. These can all be carried out by just doing bodyweight resistance exercises in your own home.

Start your full-body workout off with 30-seconds of jumping jacks, jogging on the spot, or even marching. Follow this up with some classic exercises, such as press-ups (including wide and narrow arms to target different muscle groups), front and side planks, squats, front and back lunges, sit-ups, burpees, mountain climbers, etc.

Working on multiple muscle groups at a time means that you are burning more calories per workout than if you were to focus on just one body part, according to the American Council on Exercise.

Register for our Learn to Lift course. If you are unsure about what to do when it comes to using weights; register your interest for our new Learn to Lift course by emailing ase.info@abingdon.org.uk. Places will be limited per course so we advise that you register early to avoid disappointment. This course will help you build both confidence and strength through resistance training.



An awesome workout in just 15-minutes

A full-body workout doesn't have to take long. If you do just five exercises for 30-seconds each and repeat the moves five times (allowing a little rest in between them), that's a great workout in just 15 minutes!

Walking is a great exercise

Walking is great for cardiovascular health, legs, and core. As you get fitter, you'll feel comfortable walking a little further and faster. However, in the cold winter weather walking outside can lose its appeal. Our fitness suite treadmills offer a great alternative with a view of the pitches and grounds, so come inside to walk and add some inclines, if you can, for extra benefit.



Set a goal

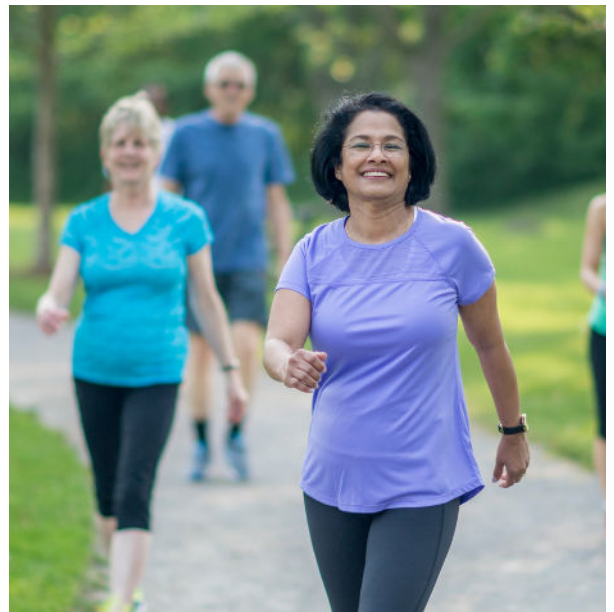
Setting a realistic and achievable goal can help to keep us motivated. Something that gives us a little leeway if life's little hurdles get in the way. Achieving a goal rarely offers a straight path but is all part of the journey.

Get started

Getting started can sometimes feel like the hardest step, but making it can be the start of something life-changing. Come along to one of our exercise classes and commit to going for one-month. This will give you time to create a habit on which to build and by February you may find yourself coming to multiple classes each week.

Sleep routine

Going to bed at roughly the same time every night and waking up in the morning at a consistent time will keep your circadian rhythm on track, helping you to fall asleep and wake up more easily. The circadian rhythm is the natural cycle of physical, mental, and behaviour changes that the body goes through in a 24-hour cycle, which is mostly affected by light and darkness.



Drinking water

Good hydration is one of the most important aspects of diet and helps the body to work effectively. The British Dietetic Association states that low levels of fluid in the body can cause headaches, feelings of dizziness, lethargy, poor concentration, and a dry mouth. They recommend drinking 1.5 - 2 litres of fluid a day (8-10 glasses of water).



Nutrition - eating three balanced meals a day

When it comes to food, there are a whole host of opinions as it is a complex and extensive subject. Harvard University's School of Public Health recommends that a healthy eating plate includes half that is filled with vegetables and fruit, a quarter with protein (fish, poultry, beans or nuts) and a quarter with whole grain. Include healthy fats, such as olive oil. Also, include plenty of water for proper hydration. Having said all of that, our exercise instructor, Liv Wallis suggests that we should be more focused on enjoying the festive season than worrying about what we put on our plate, and she, along with all our instructors, look forward to seeing as many of you as possible in 2023.



Have you thought about meditation?

Meditation is known to help reduce stress and aid relaxation, and these benefits can be felt even with reflecting for just a few minutes a day. There are apps that are available for this, with Headspace being one that is very well-known.



Take a break at work

Sometimes it can feel difficult to take a break but even a 10-minute stroll at lunchtime can help us to energise ourselves for the afternoon. Giving ourselves something to look forward to each day can help our mental well-being.



Train with a buddy

For extra motivation, train with a buddy. Our [Refer a Friend](#) scheme allows you and a friend to both receive fantastic discounts from your monthly membership payments. Visit our website to find out more.

