

Well being

October/November 2004

Reiki - going with the flow

What to eat for lasting energy

What's Korfball?

Feline energetic?
Try the Catwoman workout!



Plus

expert health & fitness advice
all the latest news, offers and more



Welcome!

Hello, and welcome to the first issue of 'Well being. '

It's been created by the Eastbrook gym team to inspire, encourage and enable all staff at Eastbrook to make the most of themselves through fitness, health, and a bit of pampering, too.

We hope you enjoy it, and look forward to hearing your ideas and feedback.

Stay healthy!

Sarah Clark - Editor

E-mail: sclark.go-east@go-regions.gsi.gov.uk

The Eastbrook Gym is costs from as little as £7.50 per month and is open from 7am till 6.45pm. It contains top of the range of equipment, and a sound system and water cooler are on hand to make your session more comfortable.

Any questions - please contact

Sarah Clark GTN 3841 2658

Forms and information:

<http://www.goe.go-regions.gov.uk/GO-Social/GymTonic/GTmain.htm>

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FitnessFirst

A big thank you to Fitness First for the use of their images in this newsletter!

EVENTS NEWS

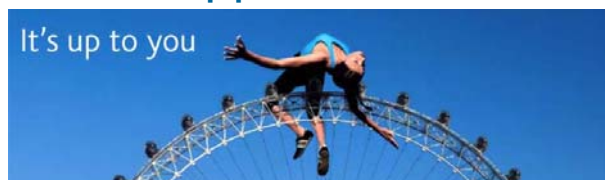


ALL FIRED UP

The 2004 Chariots of Fire charity relay race is taking place on Sunday 19th September. The race will start from Queens' Green outside Queens' College and follow a stunning 1.7 mile circuit past the colleges, over the Cam and around The Backs, before passing the baton to the next runner.

Last year's event involved almost 400 teams of six runners, and successfully raised more than £90,000 for the chosen charity - Cambridge Breast Unit.

This year's event, which takes place on 19 September, is being held in support of Papworth Hospital.



LEAP FOR LONDON 2012

"Staging the Olympic Games and Paralympic Games is a unique and inspiring experience. It is also an honour, one that the UK last enjoyed in 1948. More than 50 years on, we are hoping to host the greatest sporting and cultural show on earth again. It is a once-in-a-lifetime chance for all of us."

Keith Mills, Chief Executive, and Barbara Cassani, Vice Chairman, London 2012

Show your support for what would be a great leap for London and the whole UK - hosting the Olympic Games and Paralympic Games in 2012.

Every **individual** message of support counts. So please leap for London and add your support.

<http://www.london2012.org/en/support/register/Register.htm>

CIVIL SERVICE SPORTS CLUB CONTRIBUTIONS INCREASE

Civil Service Sports Club (CSSC) subscription rates will be

Employed

Membership 60p **£2.60**

Membership £1.20 plus **£5.20**

Pension

Member-ship 54p **£2.34**

Member-ship plus £1.08 **£4.68**



GOING WITH THE FLOW

Peter Farnsworth

Reiki is an ancient healing method, probably one of the oldest known, with its origins in India and the East dating back thousands of years.

Although primarily known as a hands-on healing technique, it can help not only with health problems but in just about any area of life where it is required.

The word “Reiki” is a Japanese word. ‘Rei’ means universal or omnipresent and ‘Ki’ is the universal, non-physical energy that is in all living things. When we are healthy, our ‘Ki’ energy is flowing freely throughout our being. We feel good and we have a higher resistance to illness and disease. However, when it’s low

BENEFITS OF REIKI

Acceleration of the natural healing process by harmonisation of the body’s energies. a reduction of stress and tension.

Increase of energy and vitality.

Provides help to internal disorders, emotional and stress related illnesses.

Helps harmonise the mind and the emotions. - helps to release blocked emotions.

Promotes a feeling of well-being.

because of stress, lack of sleep, drugs, alcohol, poor diet, etc, we will feel unhappy, out of balance and more susceptible to illness. Life feels harder and we will be more negative.

Reiki is a means of activating this energy to promote inner balance and healing. Reiki is holistic, working on the mind, body and spirit by stimulating our own natural healing abilities, removing blocked emotional and physical elements within our beings which lead to illness and disease.

The skills and techniques which Reiki employs are very simple and easy to learn. To use it regularly and to channel this life force energy into our lives brings about greater harmony and balance, and helps prevent any future creation of illness and disease. Reiki is **not** a

religion or a cult, is free from rules and dogma and is available to people from all walks of life.

Everyone can draw on this energy. However, to help increase the flow we need to be attuned to it. This is made possible through a ceremony (known as ‘attunement’) performed by a Reiki teacher/master and received in three degrees. Reiki attunements are much like tuning a radio to a station. They tune you into Reiki energy so that you can channel it for yourself or for others at any time.

Peter G. Farnsworth is a Reiki Practitioner/Teacher, Iridologist and Reflexologist available for consultations and Reiki training at the Cambridge Complementary Health Centre (01223 575366). For more information; visit <http://www.havemorefromlife.co.uk> or the clinic website at <http://www.cchc.co.uk>



FITNESS NEWS

To coincide with the release of the film Catwoman, Fitness First has designed an innovative 15 minute workout. The workout is designed to give your body the core strength and flexibility of Catwoman whilst sculpting a figure like the leading lady, Halle Berry.



Developed by Renee Geoghegan, one of Fitness First's most experienced exercise professionals, it reinforces the company's mission to ensure that fitness is fun!

<http://www.fitnessfirst.co.uk/docGallery/21.PDF>

The work out is suitable for everybody – young and old, fit and unfit, and can be completed at home, in the park, or of course at the 'Gym and Tonic' gym!

The logo for Fitness First, featuring the words "Fitness First" in a stylized, blue, italicized font.

IN THE PINK

Breast Cancer Campaign's national 'wear it pink®' day is here again on 29 October 2004. The Campaign is urging people to 'get pink' with friends, family, and colleagues to help the one woman in nine who will have to deal with breast cancer in her lifetime.

To support the campaign, you can either wear something pink for the day and donate £2 to Breast Cancer Campaign – or take part in **Gym & Tonic's** Life Cycle event (watch this space)

'Wear it pink' was launched last year at the end of Breast Cancer Awareness Month in October, raising more than £600,000.

Breast Cancer Campaign



Next Generation Club Cambridge opened in April 2004. The club, in Coldhams Lane Business Park, has been specially designed to house the latest in fitness and racquet facilities.

Visit for free!

To obtain a free day pass simply fill in the form.

<http://www.nextgenerationclubs.co.uk/pages/brochure.asp>



I HAVEN'T GOT THE ENERGY!



It's a commonly used reason for avoiding the gym, taking the lift instead of the stairs, and generally not doing anything that might raise your heart rate above lethargic. To give yourself a boost, getting active will raise your energy levels. The other half of the equation is the food that you eat.

Patrick Holford - the energy diet

"The foods to eat for high energy are the foods that can be most efficiently turned into energy in the body," says respected nutritionist *Patrick Holford*.



The 'when' of eating for workplace energy

Timing is everything when it comes to maintaining your energy levels. Eating the right foods is important, but if you don't eat at the best time for you and your body, the effects won't be as powerful.

"Many people skip breakfast or have a cup of coffee and a piece of toast, but what you eat for breakfast determines how you feel for the rest of the morning," Patrick warns. "Studies comparing the effects of eating little and often, compared to a couple of large meals a day consistently show better health for those who 'graze' rather than gorge."

The high vitality diet

Patrick's key points to eating for vitality are:



- Avoid refined sugars, including honey.
- Avoid refined carbohydrates including white bread, biscuits, cakes, white rice and other processed foods.
- Avoid coffee, tea, cigarettes.
- Limit alcohol.
- Eat more vegetables, raw or lightly cooked.
- Have three pieces of fresh fruit a day.
- Eat more beans, lentils, nuts, seeds and wholegrains.
- Eat fish and free-range chicken instead of meat.
- Drink plenty of water, herb teas or diluted, unsweetened fruit juices.

He adds, "If your day is stressful it is better to have a light lunch, but most importantly, to get out of the office, put your feet up and stop work even if for only fifteen minutes."

Alternatively, you could don your trainers, swipe your card and work out at **Gym and Tonic** for half an hour, because with all your new-found energy, it seems a waste to simply sit and read the paper!

For more advice, the newsletter, and a sample menu from his Energy Diet, visit:

<http://www.patrickholford.com>

ANYONE FOR KORFBALL?

BY Rick Baldwin



Korfball is a fast, free-flowing sport, excellent for co-ordination and cardiovascular fitness. It is a sport for anyone who enjoys a good team game and is the only team sport in which both sexes compete together on equal terms. It is, accordingly, a very sociable sport .

Origins

Korfball is over 100 years old – and gaining worldwide popularity. Britain has an international team that has come third in the world championships, and several Cambridge players have represented Great Britain.

The game was originally created by a Dutch primary school-teacher, Nico Broekhusen, for boys and girls to play together. Over the years it has evolved to include adult teams too.

How do you play it?

There are eight players in a team, four men and four women. The court is divided in two and each team consists of two groups of four (two male and two female.)



One group starts in their teams attacking half with the remaining four in the defence half. However, after two goals have been scored, the groups switch ends and roles so that every player has a chance to attack as well as defend. A Korfball ball is the size of a size-five football.

The korf (basket) is on a 3.5m high pole, placed within the court. There's no backboard to the basket so accurate shooting is a must. In korfball, a goal is a goal, so when the ball drops through the basket, you score. An average team can score around 15 goals in a game.

Rules

1. No dribbling or running with the ball. Players must create chances through quick passing and running into space to receive passes.
2. No defending or hindering a member of the opposite sex: women are competing against women and men against men in each half of the court.
3. You can only shoot if you are free of your defender. You are defended if your defender is between you and the basket, close enough to touch you and with their arm up.
4. No physical contact.

Venues

Since 1992, five adult clubs have started in the city, plus the Cambridge University team and a new club based at Littleport. There is a local league with three divisions and the season runs from October to April.



During summer there are outdoor tournaments, including 'beach korfball.' The junior club in Cambridge, Cambridge Knights, caters for under-11s, under-13s and under-15s

ANYONE FOR KORFBALL?

Times and places

Mon	Cambridge Phoenix	Cambridge Regional College (Kings Hedges) 9-10.30pm
Tues	Cambridge City Littleport Lions	Kelsey Kerridge – 8-10pm Littleport Sports Hall, 9-10.30pm
Weds	Cambridge Tigers	Perse School - 8.30-10.30pm
Sun	Cambridge Knights (juniors and seniors) Cambridge Kites	Perse School – 5.30 – 7pm Netherhall School – 7-8.30pm



As part of National Korfball Week

- ⚽ The world's **ONLY** mixed team sport
- ⚽ Teams of 4 men and 4 women
 - ⚽ Fun and Friendly
- ⚽ Similar to Netball and Basketball

Come along and try Korfball

Parkers Piece

Saturday 11th September, 1pm

Kelsey Kerridge Sports Hall

Wednesday 15th September, 9pm

CRC, Sports Hall, Kings Hedges Road

Thursday 16th September, 9pm



For more information:

www.cambskorfball.co.uk

Contact David Bate (01462) 676328

Contacts

The British Korfball Association:
www.korfball.co.uk
or The International Korfball Federation:
www.ikf.org

The British Korfball Association is organising a national korfball week in **September** aimed at newcomers who want to learn about the sport. In Cambridge there will be several events.

Saturday 11th a demonstration on Parkers Piece from 1pm to 3pm

Wednesday 15th: a beginners' session at Kelsey Kerridge, 9pm

Thursday 16th: a beginners' session at Cambridge Regional College, 9pm

Turn up at any club at any time: beginners are always welcome!

For any more information contact: Rick Baldwin on

rickbaldwin50@hotmail.com - or phone: 01223 214506.

GET PERSONAL

With A11 Fitness



No longer just the preserve of celebrities - personal training is ideal for anyone who needs a boost to their fitness routine. If you've tried working out in the gym or at home but been disappointed with your progress – or if you want to get fit but don't know where to start, it could be the thing for you.

Do you really need a personal trainer? If you find a good one, most definitely yes. A good trainer can improve your results in a shorter period of time.

They can take the guesswork out of which exercises; how much, how long and how often. Most importantly, they can help you increase energy and stamina, and help protect you from injury.

One local company that can help is **A-Eleven Sports and Fitness**, run by Jackie and Gordon Riley. They offer sport, exercise and fitness services to individuals and groups. They are fully insured and belong to the appropriate professional bodies.

Jackie and Gordon have both raced in marathon, duathlon and triathlon for many years and are fully qualified fitness instructors and Spinning® instructors. Jackie is qualified in circuit training & personal training and Gordon is a qualified sports massage therapist.



“Just because we compete at a high level doesn't mean that we expect everyone else to keep up with us!” Gordon assures me. They are happy to work with anyone who wants to exercise and will meet clients at the Eastbrook gym.

“Following an initial consultation, in which we will identify your personal goals we will prescribe an exercise programme to suit your needs and lifestyle. “We prepare an illustrated coaching pack with pictures and descriptions of the exercises in your programme and we coach you to ensure that you are exercising safely and effectively.

“Once you have had your initial session and received your coaching pack you are free to work on your own or with a partner, further sessions can be booked at any time if you feel that your programme needs adjusting as your fitness level increases.”

Call Jackie Riley on 01223 290473 or email fitness@i-tri.co.uk

ANY OTHER BUSINESS

SPECIAL REQUEST

If there are any creative types reading this, looking for an outlet, please get in touch!

I'm looking for a volunteer to help me put together the next issue(s) of Well being, and design the pages in MS Publisher.

If you'd like to help, please contact me!



EVENTS TO WATCH OUT FOR AT EASTBROOK

Gym & Tonic is planning to host an event in aid of the Breast Cancer Campaign in October. The 'Life Cycle' race is expected to involve teams of gym members cycling 50 km (and some brave members are going to try and cycle the whole 50 km!) Look out for further details.

Can you manage 10,000 steps a day? GO-East will be challenging staff to improve fitness by increasing the number of steps they take every day, in October. Pedometers will be available in reception at a reduced cost to monitor the number of steps taken daily, and a competition held to find the most improved staff member! Keep an eye out in Reception and on EastNET for further details.

FREEBIES!!!

I have some vouchers for first and second treatments at Cambridge Complementary Health Centre. If you would like one, call me on **2658!**



For a day-long trial membership to Greens Health and Fitness, just click the link below and fill in your details.

<http://www.greenonline.co.uk>



Fitness First - for every body

For a free day pass to Fitness First in Bury St Edmunds, Ipswich or Peterborough, click on the link below!

<http://www.fitnessfirst.co.uk/membership/freedaypass.asp>