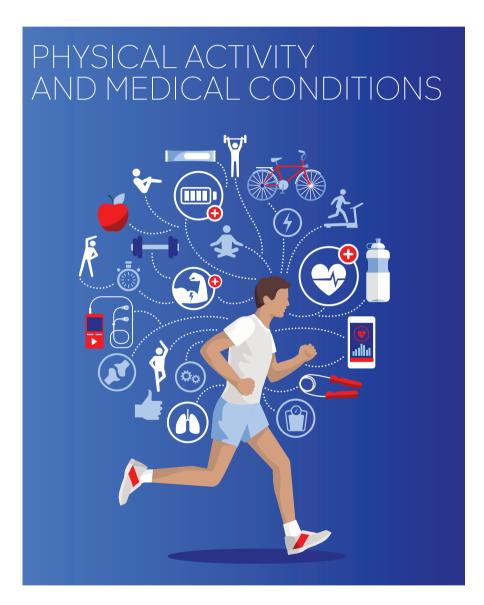


ANGLO AMERICAN GYM

NEWSLETTER

October 2022



LOOKING AFTER YOUR HEART

Find out your heart health score

Get your wellness assessment and fitness assessment done at the gym. Come in and make your booking

JOIN OUR IN-CLUB CHALLENGES and stand a chance to win a great birthday prize!

WAYS TO LOOK AFTER YOUR HEART:

- Quit smoking
- Regular exercise
- Healthy diet
- Reduce salt intake
- Regular check-ups on your cholesterol and other health screening.



Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

Adults who sit less and do minimum amounts of moderate-to-vigorous physical activity gain some health benefits. Only a few lifestyle choices have as large an impact on your health as physical activity.

Cardiovascular diseases e.g. heart conditions and high blood pressure, are the leading causes of death in the world. Getting at least 150 minutes a week of moderate physical activity can put you at a lower risk for these diseases. Regular physical activity can also lower your blood pressure and improve your cholesterol levels.

Being physically active lowers your risk of developing several common cancers. If you are a cancer survivor, getting regular physical activity not only helps give you a better quality of life, but also improves your physical fitness.

SMOOTHIE YOUR DAY

Ingredients

- 1 cup unsweetened vanilla soya milk (skim or low fat milk)
- ¾ cup sliced frozen banana
- ½ cup low-fat plain Greek yoghurt
- 1 tablespoon cocoa powder
- 1 tablespoon natural peanut butter

Method

Combine soya milk, banana, yoghurt, cocoa powder and peanut butter in a blender; blend until smooth.



ANGLO AMERICAN GYM TURNS 1!



It's the gym's birthday month! In October last year we re-opened after two years of not operating due to the pandemic.

We opened up boasting great new advanced equipment that makes it easy for you to exercise and track your progress.

We've lined up some activities and challenges during the month - enter them and you stand a chance to win a prize!

MESSAGE FROM THE ZENZELE CEO

We have always known that exercise is essential for people's health and an important weapon in combating obesity and preventing the onset of many of the most common chronic diseases, including type -2 diabetes, heart disease, high blood pressure, and strengthening the immune system.

Equally well known are the beneficial effects of physical activity on psychophysical (body and mind) wellbeing. Working out regularly improves mood thanks to the production of serotonin and endorphins, helps to alleviate anxiety and depression, increases confidence and slows down ageing.

We as Zenzele are honoured to have partnered with Anglo American to offer you a world-class gym facility and many other services. We are excited to have walked the one-year journey with you and wish you all a healthy and fruitful year to come.



Aerobic class schedule

06h15 - 07h00

12h15 - 13h00

15h45 - 16h30

16h30 - 17h30

Monday

HIIT Steven

BOOTCAMP EXPRESS Coach

PUMP Brenda

SPINNING Thabang

Tuesday

SPINNING Thabang

STEP Steven

PILATES Razia

STEP Steven

Wednesday

YOGA Razia

SPINNING Leslie

BOX Brenda

PUMP Brenda

Thursday

PUMP Brenda

HIIT EXPRESS Coach

ABS Coach

BOOTCAMP Steven

Friday

ABS Coach







Join a class via Facebook or via YouTube.

JOIN THE ANGLO AMERICAN GYM WHATSAPP GROUP

Keep up-to-date with what is happening at the gym, be the first to learn about exciting events and competitons and get reminders about schedules. Scan the QR code to the right to join the Gym group.



JOIN THE 144 OXFORD RUNNING CLUB WHATSAPP GROUP

Join our running club, setting off from 144 Oxford every Tuesday and Thursday morning at 07h00. You can do the 5km or 10km route and start your working day invigorated.



JOIN THE ANGLO AMERICAN SA STRAVA GROUP

You can also join the Anglo American SA Strava group CLICK HERE



CONTACT THE ANGLO AMERICAN GYM







Hours:

Monday - Thursday: 05h00 - 19h00 Friday: 05h00 - 18h00



Email:

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