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## JULY/AUGUST NEWS 2018

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### WEIGHT LOSS

A HUGE congratulations to all our weight loss clients on getting closer and closer to their goal and to those that have nailed it already. It takes work and dedication to make life style changes and to stick to them! If this is a concern of yours, feel free to talk to Nicky or Karen re doing a body composition and a food and fluid diary so we can help you get on track. It's not always about losing weight but opting for a healthier life style, reducing inflammation, lowering cholesterol and for some its about gaining lean muscle and gaining weight. Our body composition Tanita, in addition to telling us your visceral fat rating (any excess fat around your internal organs), your weight, ideal fat level, muscle mass index, BMI, it also tells us how hydrated you are and what your metabolic rate is. This is a huge help in terms of deciding how to 'rev' your metabolism if required.

### What's New

All classes are now available for online booking if that is your preferred method, as are vouchers for classes and physical therapy. If you have a particular combination of classes in mind that is not currently available please let Nicky know and she will put it up available for you to purchase for yourself or someone else as a gift.

Karen is running **Post-natal Mother and Baby** classes on Wednesdays at 11.30. This has now evolved into a circuit class. This is proving to be very successful and enjoyed by all who attend. Should there be another mat class you would like to attend solo, you may use mother and baby class there instead.

**Pre-natal** classes are on Saturdays at 10.00 am if you've just had the good news or know of a friend who has!

We have welcomed Jan Duffy on Monday evenings at 6.30pm - 7.45pm for pre natal yoga. She will be taking a break in August but resumes on Monday September 3rd. Please book directly with Jan tel 086-8395732.

We also welcomed Felicity Ananda on the last Sunday evening of each month for the magic of Kirtan. Again please book directly tel 089-4037056. More details of all available classes are on the website.

## Glasthule & Sandycove Going Green!

As you may be aware from the stickers in the studio or our website, twitter or Facebook page, Glasthule and Sandycove are going green in an effort to reduce the destructive effects of plastic on our planet. We are the first two villages in the country to implement this scheme. So just a gentle reminder to please bring a re-usable water bottle/coffee cup or bring your plastic ones home with you to re-use. For tips on how else to use them visit our website [www.thecorestudio.ie](http://www.thecorestudio.ie).

On that note, Irelands' first "sea bin" has been submerged within Dunlaoghaire Harbour. This is a floating device designed to capture and remove waste, especially loose plastic and plastic containers from water. The design was developed in California with the help of crowd funding.

## Nickys Roast Beetroot/Courgette Hummus

You can use pre-cooked beetroot if you like and then roast it. It just gives more depth of flavour and has gone down a treat with our families! You can also make it in bulk and freeze it.

### Ingredients

1 x 400g canned chickpeas

250 g cooked and roasted beetroot ( or roasted courgette)

salt/pepper to taste

juice 1/2 lemon

1 garlic clove

1 tbsp sesame oil

2 teaspoons ground cumin

100 ml extra virgin olive oil

half a teaspoon ground coriander

good squirt of date syrup

1 tablespoon natural low fat greek yogurt

## Method

Place all ingredients with the exception of the natural yogurt in a food processor and pulse, add more olive oil if required, best made in advance and left to 'marinate' through. When ready to serve stir the natural yogurt in.

# Easy Dressings - combine and shake in a jar

## **Yogurt Dressing**

2 3rds of a cup of natural low fat greek yogurt

4 tablespoons white wine vinegar

2 tablespoons extra virgin olive oil

pinch of sea salt and black pepper

## **Lemon dressing**

12 tablespoons extra virgin olive oil

4 tablespoons white wine vinegar

pinch of sea salt and black pepper

juice of 2 lemons ( 1 orange and 1 lemon)

1 clove of garlic

1 teaspoon honey

## **Balsamic Dressing**

12 tablespoons extra virgin olive oil

4 tablespoons balsamic vinegar

1 garlic clove

pinch of salt and black pepper

## **French Dressing**

1 clove of garlic

1 teaspoon dijon mustard

4 tablespoons white wine vinegar

12 tablespoons white wine vinegar

pinch of salt and black pepper

1 teaspoon of honey

Use a funnel to pour into your dressing container and enjoy.

Yours in fitness,

Nicky & Karen

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