

Welcome to our Sports Village newsletter. Please let us know your thoughts or if there's any other content you'd like to be included, by emailing sports.reception@herts.ac.uk.

What's Happening

You may have noticed some extra Group Exercise classes appearing on our programme over the last month or two. Having listened to your feedback, we're pleased to say we have now increased the number of classes even further due to our Group Exercise programme becoming so popular. If you don't already have a copy of our new timetable you can pick one up from reception or download it from our website.

In April we launched our new and improved Multi Activity Day Camps during the school holidays. These now include climbing, soft archery, Nerf guns and a fun swim session featuring our new inflatable pool slide, on top of all our usual fun activities such as our obstacle course bouncy castle! If you're interested in booking for May half term please speak to our Customer Service Team or visit our website. We're likely to become fully booked again so get in quick!

DID YOU KNOW...

An easy way to test your fitness is to find out how long it takes you to stand up and sit down in a chair 10 times, without using your hands. Men under 35 should be able to do this in under 10 seconds whilst women should be able to complete it in 10–12 seconds. Men aged 35–55 should be able to complete the test in 13 seconds and women in 15 seconds. Men over 55 are considered in good physical fitness if they can complete the test in under 18 seconds, whilst women of the same age should aim for under 19 seconds.

Take part in the HSV chair challenge! How many times can you stand up and sit down in a chair in 10 seconds? Ask someone to video you, then upload it to Instagram using @hertssv and #hsvchairchallenge Our staff and members have already uploaded their attempts, think you can beat them?

YOU SAID, WE DID!

"It's difficult to book a space on Group Exercise classes."

As well as adding in eight NEW classes every week to help cope with demand, we have also moved some of our busier classes to a larger studio to create more spaces.

Courses Available

1 Day Emergency First Aid
8 May/21 May/3 June

1 Day Emergency
Paediatric First Aid
13 May

2 Day Paediatric First Aid
13—14 May

National Pool Lifeguard
Qualification (NPLQ)
27 May—1 June
17—22 June

Hosted Events*

Mavericks Game 4 May
Mavericks Game 12 May
Karate Grading 19 May
Table Tennis Championships
1—2 June

*Our car park will be busier than usual on these days

STAFF STAR



James – Senior Duty Assistant

James has recently been promoted to Senior Duty Assistant and has approached the challenge enthusiastically. He is always polite, friendly and hardworking – going the extra mile to help out in any way he can.

VERY IMPORTANT MEMBER (VIM)



Noreen – Joined in 2018

"Having spent the past few years battling the menopause, I'd lost self-confidence. My daughters tried to nag me into joining HSV — I really felt as though I'd just make a fool of myself and embarrass them! With my 50th birthday looming, I bit the bullet and became hooked. I feel like a different person and I especially love sharing the experience with my daughters. I've lost 8kg of body fat, transforming my life and ensuring the best start to the next half century of aging disgracefully."

2019

Try something new!

GET ACTIVE

Our Get Active sessions are designed especially for the over 60's and are run by our fabulous instructor, Celia. You'll be guided through a variety of exercises, all at your own pace and taking in to account any mobility, injury or health issues you may have. Our friendly and supportive group love to welcome new members and often stay for a coffee and a chat in our café afterwards.

Join Celia every Wednesday and Friday between 9:30—10:30. Sessions are free for members and at just £3 for non-members, why not bring a friend?

STRETCHES FOR TIGHTNESS

Benefits: Regularly stretching the shoulders, back and legs can help to improve posture. If you work in an office, taking regular stretch breaks should be an essential part of your day. Many people that find themselves sitting in front of a computer for a long time unwittingly adopt a forward leaning posture. This can have serious consequences, not only for your back but also the internal organs. Consider the burden on your digestive system, lungs and other organs when the front of your body is compressed by hunching forwards for extended periods.

These exercises are quick and easy to complete whilst waiting for the kettle to boil, the photocopier to print or even whilst you're on a phone call! Have you tried sitting on a gym ball instead of your office chair?

Slump: Sat with your bottom against the back of your chair, feet resting on the floor, tuck your chin to your chest and allow yourself to slump as far forwards as you can. From here, alternate extending each leg to feel a nice stretch in your hamstrings.

Pretzel: Sat on your office chair, cross your right leg over so your ankle is now resting on the thigh of your left leg. Grasping your right knee with your left hand, simultaneously pull your knee across to your left shoulder and rotate to the right. Repeat with the other side.

Doorway Stretch: Standing, (whilst making a cuppa!), place one hand on the doorway lintel and walk forwards to begin the stretch in your chest and shoulder. Then, rotate in the opposite direction to further increase the stretch.

RATE THE HOB

We've had some great feedback from our previous recipes...

"I made the chickpea and spinach curry on the weekend and it was delicious! So quick, easy, healthy and filling all at the same time." — Fernada

HEAT THE HOB

Thai Style Mince with Rice (Serves 4)

Ingredients:

- 250g long-grain rice
- 450g mince (of your choice)
- 1 tbsp vegetable oil
- 1 sliced onion
- 1 chopped garlic clove
- 1 chopped red pepper
- ½ tsp chilli powder
- 175ml chicken stock
- 2 tsp cornflour
- 2 tbsp dark soy sauce
- A handful fresh basil leaves

Method:

1. Cook the rice according to the instructions.
2. Meanwhile, heat the oil in a pan and cook the onion until softened. Add the garlic, pepper, mince and chilli powder to the pan and cook until the mince has browned.
3. Add the stock, bring to the boil and simmer for 5 mins.
4. Blend the cornflour with 1tbsp of water and the soy sauce, add to the pan and stir until the sauce has slightly thickened. Add most of the basil leaves and season with salt and pepper.
5. Serve the rice into bowls and top with the mince. Serve with a scattering of basil leaves.



#HSVHeatTheHob on Instagram!