

Get Fit With Alex Newsletter November 2016

As I am writing this newsletter, we are getting ready to move the clocks back this weekend, preparing for shorter days, and turning the heating up! I hope you have enjoyed the half term break and managed to get out and about. This Autumn has been lovely so far and the colours of the trees are fantastic!

*I wanted to say one more thanks to everyone who donated or took part in 'Together for Alzheimer's 5k Run' on Sept 25th. The final total raised for The Alzheimer's Society is an amazing **£3172**.*



Turning Pumpkin Carvings into Cravings

Did you know that 18,000 tonnes of Pumpkin are thrown away each year? That's the same as 90M portions of soup. A lot of my friends enjoyed using the soup recipe in last month's newsletter and although I haven't tried this Pumpkin Soup yet, it looks like a good way to make use of any left-over Halloween pumpkins

INGREDIENTS

2LB/1Kg Pumpkin, deseeded, skinned and cut into chunks	2 onions
2 cloves of garlic	750ml stock
250ml milk	Seasoning

Combine all ingredients in a saucepan and bring to the boil. Simmer until the pumpkin is soft. Blend until smooth and add a spoonful of sour cream or crème fraiche. Serve with crusty bread 😊



I hope you find this useful as a reminder of the sequence of moves for Sun Salutations

Have a good week and I and I look forward to seeing you back in class. This half term is for 7 weeks and will run up to Friday 16th December.

Health and Happiness

Alexx