

# FIT CLUB NEWSLETTER

## Lunch Time Walks

The fit club was back with a bang this month and encouraging our people to get involved in lunchtime walks again on a Wednesday and Friday at 12.30pm. After tackling Covid over the past few years, it was nice to be able to encourage socialising again in a Covid safe manner.

There are reports of a 6 week challenge taking place within R&S Glasgow and many of the team are out walking each day on their lunchtimes as part of this too!

A bit of rain doesn't stop the Veitchi people as you can see! But hopefully with the arrival of some nicer weather, we will see more of our people joining us for a stroll over the next month.



Rainy Lunchtime Walks – Sally McClintock, Colin Kennedy, Steven McKenna, Katy Bartleman



## Fruit Baskets!

At our Cambuslang Offices we have been getting fruit delivered for a few weeks now and it has been a great success with feedback such as “great quality”, “really fresh”, “much better than the supermarkets” and “great the company is doing this”.

It seems that R&S Glasgow and Finance are the biggest fruit loops with most of the fruit gone by a Thursday morning!

Fantastic to hear that R&S Stirling and R&S Dumfries have also joined in on this initiative.

## Give it Up or Take it Up Challenge – GUTU Challenge

The GUTU Challenge is now in its fourth week with 25 entrants still going strong (although some stronger than others) in their quest to survive the 40 days.

The forfeits have been wide and varied with chocolate being featured alongside coffee and swearing as well as the big hitting smoking and alcohol abstentions.

The Take it ups have been ultra-impressive with a huge swimathon and walkathon going on along with a daily act of kindness and some Hmmmmmm meditation!

All participants have done brilliantly and whilst there are just 7 with unblemished records many who fall off the wagon are getting straight back on it showing fortitude and resolve.

Keep up the good work!

## Have a neck break - stretches at your desk

To combat the effects of sitting at your desk we have highlighted a quick youtube video which focuses on freeing up and relaxing your neck.

<https://www.youtube.com/watch?v=K4dmZ5n6uU>

Involve your colleagues and do it together. You will feel much better for it!



Sally and her son have been getting active in the park runs!

## Park Runs

Each member of the fit club will be leading a park run over the coming months – we hope you can join one!

- 9<sup>th</sup> April – Pollok Park – Sally McClintock
- 30<sup>th</sup> April – Strathclyde Park – Katy Bartleman
- 21<sup>st</sup> May – Uni. of Stirling – Jim Stewart
- 18<sup>th</sup> June – Drumpellier Country Park – Chris Lewis

# Recipe of the month - Red pepper pesto pasta



Serves 4  
15 minutes  
Costs: £2.05

## Nutrition per serving:

Calories—631 Kcal  
Protein: 19G  
Fat—27.1G (4.8G Saturated)  
Carbohydrates: 74.5G (4G Sugar)  
Fiber: 6.4G  
Salt: 0.5G

## Ingredients:

400g dried pasta  
290g jar roasted red peppers, drained  
1 Large garlic clove  
Tbsp olive oil  
40g parmesan cheese  
1/2 small bunch parsley or basil

## Got more time? Try roasting your own red peppers

### Method:

Preheat oven to 200 degrees (Fan)  
Cut peppers in half and remove stems, seeds and membranes.  
Lay peppers cut side down on parchment paper.  
Roast the peppers for 15 minutes or until the skins are very dark and collapsed.  
Remove from oven and leave to cool slightly before peeling the skins off.

### Step 1.

Bring a pan of salted water to the boil. Add the pasta and cook according to the packet instructions. Drain the pasta, reserving a cup of the cooking water.

### Step 2.

Meanwhile, put the peppers, and garlic in a food processor and pulse to a chunky texture. Add the olive oil grated cheese, parsley or basil and seasoning, then pulse again until combined.

### Step 3.

Return the pasta to the pan, then add the pesto and a splash of the reserved water, tossing together until well coated. Divide among 4 bowls and serve with extra grated cheese.

## Hill Walking

Our first charity walk will kick off at 10am on Saturday the 23<sup>rd</sup> of April in support of **Canine Campus Pet Rescue and Foodbank** and the **South Ayrshire Foodbank**.

The walk will take place at **Failford Gorge in Ayrshire**, a route following the river Ayr with a couple of different routes of varying difficulty to follow and various optional detours to local points of interest.

The walk should take roughly 2 hours with gorge(ous) scenery throughout.

As one of our charities is a local pet rescue centre in Rutherglen your very own fluffy friends are more than welcome!

Friends and family are welcome too!

### Proposed Hill Walking Schedule

Date	Route	Area
23/04/2022	Failford Gorge Walk	Glasgow & Ayr
28/05/2022	Cathkin Braes	Glasgow
25/06/2022	Arthur's Seat	Edinburgh
23/07/2022	Devilla Forest	Kincardine
27/08/2022	TBC	Dundee/Aberdeen
24/09/2022	TBC	Dundee/Aberdeen
15/10/2022	Galloway Forest Park	Borders



Failford Gorge

## 5 Healthy Hints

- Be prepared** – plan your 3 meals for the day so you're less likely to stray to the dark (chocolate) side!
- Increase water intake** – quite often thirst is mistaken for hunger pangs! Our bodies are made up of 60% water so keeping it hydrated helps avoid fatigue.
- Increase fruit and veg intake** – try to have one portion in every meal and you'll feel fuller due to the added fibre intake.
- Don't be afraid of protein or carbs** – we need a balance of all food groups to stay healthy so focus on getting the right balance rather than just eating salad. You'll feel fuller and a lot more satisfied!
- Increase those steps** – get a feel for how active you are throughout a normal day and then try and add a little onto that. Why not join our lunchtime walks?!