![AngloAmerican logo]

ANGLO AMERICAN GYM

NEWSLETTER

September 2022

THE CULTURE OF PHYSICAL ACTIVITY

We encourage all members of the gym to download the mywellness app. This app is a excellent guide on your exercise journey. It helps motivate you to put more into your workout and is a great tool to track your progress.

NEWS AND UPCOMING EVENTS

#WoMine Balance 21-day Body Positive Challenge.
Missed the communication on the upcoming Body Positive Challenge? **Read it here!**

Be sure to register by first downloading the mywellness app (instructions **here**) and signing in with our unique Anglo American code. All ladies are invited to register for the challenge, **and you don't have to be a member of the gym!**

Remember to record your moves
Connect your mywellness app from your phone to your wristwatch, and log all the moves you make each day.

Physical activity is defined as any bodily movement produced by the contraction of skeletal muscles that results in a substantial increase in caloric requirements over resting energy expenditure.

Traditional activities like hunting, mountain climbing, fishing and running are still practiced today. Ancient people practiced all these activities as a way of survival – but it also kept them very fit. Our grandparents engaged in physical activity as part of their daily life, regularly getting exercise through farming, walking long distances, etc.

We practice physical activity in most of our daily activities. These include household chores, gardening, recreational activities like playing with kids, dancing and much more.

What is the recommended daily physical activity?

A health adult should participate in moderate intensity, aerobic activity for a minimum of 30 minutes a day, five days a week.

Benefits of physical activity:

Weight control	Reduced risk of health challenges	Delaying or prevention of disease onset	Treatment and prevention of certain medical conditions.	Reduced stress	Improved energy	Better sleep

MY HEART, YOUR HEART.

September is **HEART AWARENESS MONTH**. We promoting and influencing the behavioral uptake of a healthy lifestyle, and the importance of living a healthy lifestyle to prevent disease onset and to manage them. Be sure to look out for communication on the upcoming Heart Health Campaign, that will take place in the Anglo Clinic.

Ways to look after your heart:
• Quit smoking
• Reduce salt intake
• Follow a healthy diet
• Exercise regularly
• Schedule regular check-ups on your cholesterol and
   other health screenings.

Aerobic & Spinning Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
06h15 - 07h00	HIIT Steven	SPINNING Thabang	YOGA Razia	PUMP Brenda	ABS Coach
	BOOTCAMP EXPRESS Coach	STEP Steven	SPINNING Leslie	HIIT EXPRESS Coach	
12h15 - 13h00	PUMP Brenda	PILATES Razia	BOX Brenda	ABS Coach	
16h30 - 17h30	SPINNING Thabang	STEP Steven	PUMP Brenda	BOOTCAMP Steven	

ZENZELE FITNESS

Online classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09h00 - 09h30	Rockstar (Guest)	Mbongeni (Strength & conditioning)	Rockstar (Guest)	Nomonde (Fitbox)	Mbongeni (Bums & Tums)	Brenda (Strength & Conditioning)
12h00 -12h30					Alexa (Total Abs)	
17h00 - 17h30	Brenda (Fitbox)	Wardah (Hi-lo)	Wardah (Yoga)	Rockstar (Guest)		

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.

CLICK HERE

JOIN THE ANGLO AMERICAN SA STRAVA GROUP

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

CONTACT THE ANGLO AMERICAN GYM

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144 Oxford

Phone:
011 638 0435

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

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