



Hi and welcome to the new NAC Fitness newsletter, it will be sent straight to your inbox every month and will contain new insights into fitness, health and nutrition, also included will be any events or offers from NAC Fitness, please feel free to comment or suggest topics to be covered in future editions.

The new NAC Fitness website is going live at the start of March, thanks to Leigh for sorting it, I have a challenge to get Leigh to complete his first 10km run, he hopes to run it in under the hour, follow his and other clients progress on the website and in upcoming newsletters.

Exercise of the Month

Vipr touch down

The Vipr is such a cool piece of kit, it uses whole body integrated exercises, there are almost too many exercises to count, the touch down is one of my faves as it incorporates directional change, balance, speed, power and strength all in the one exercise, check out the exercise library on the web site to see the movie clip and full explanation.



Challenge of the month

This months challenge is A Russian twist with a 4kg Kettle bell, you can take as long as you want but the movement must be with good form and continuous, let me know your scores, I will also be checking on form, the Months winner will receive a months supply of cod liver oil from USN supplements

Future challenges will feature “Beat the Trainer”

Nutrition

Add these foods to your everyday diet to burn away the fat

Blueberries – they have high levels of antioxidants; have them as a snack for when you get the munchies

Salmon – this fish will keep you feeling full for longer as it has high protein content and is also full of Omega 3 which looks after your heart and joints, it has the added bonus of selenium which regulates your metabolism.

Brown rice – has a hugely superior amount of dietary fibre than white rice and also the oils found in brown rice can lower LDL cholesterol for improved health of the heart.

Rocket – Packed full of fibre and low in calories, this leaf is packed full of Vitamin B which helps release energy.

Must have product

If like me you suffer from the munchies in between meals or after workouts these are a great alternative to the biscuit tin, they have seven varieties of seed, all are packed with essential vitamins, minerals, oils and fibre.

www.munchyseeds.co.uk

**I don't always
love the workout
but I always
love the results.**