



Welcome to the September Newsletter

July and August have been busy months with revision, training, the new website and clients, not to mention the kids, I think they keep my fitness up more than all my cardio sessions put together, I am at the moment trialling a cardio exercise program called Tabata.

Tabata is an High Intensity interval training program, basically you follow a cycle of 20 seconds maximum intensity exercise followed by 10 seconds of rest, this is repeated without pause 8 times for a total of 4 minutes, you then rest for 4 minutes and believe me you need it, the cycle is then repeated with a different exercise a further 3-7 times, I have really enjoyed training this way and have had great results.

Hope you enjoy the latest newsletter and again if there is any subjects you want me to cover, please let me know

Recovery

Sleep deprivation is linked to many things that can harm you progress in the gym, it lowers testosterone and growth hormone which play an important role in repairing muscle tissue, it is also linked to increased inflammation which will make it harder to recover from gym sessions, lastly it has an increase in the levels of insulin and cortisol, both of which lead to increased fat storage and insulin resistance.

Recent research has shown that 60% of you get less than 7 hours sleep per night, the recommended amount is 8-9 hours, with that in mind over the next few issues I will give advice on how to increase or get better quality of sleep.

Reduce electrical fields – turn off all plug sockets that are not essential, charge your phone in the kitchen, if you use it for an alarm clock buy a battery powered one, make sure you keep the clock out of view. You will be amazed by these small changes how much better you will sleep.

Stretch in the evening – by doing static stretches just before you go to bed, will calm down your nervous system, it will also put the muscles into an elongated state and you will wake up feeling more energetic and less stiff

Nutrition

How to speed up your metabolism

Speed is not always something we strive for in life, but when it comes to our metabolisms we would all like our bodies to work a little faster, below are 4 metabolism boosting foods

Jalapenos

contain a chemical called capsaicin which is thought to boost your metabolism and keep you feeling fuller for longer, it does not matter how you add them to the diet either sprinkle them on a taco or whizz them up into a dip, another interesting fact is that eating foods containing Capsaicin triggers the release of endorphins in the body, which in turn can give you the feeling of euphoria.

Sweet potatoes

They are an incredibly versatile vegetable, sweet potatoes have numerous health benefits, it is thought that the antioxidant glutathione found in sweet potatoes helps our nutrient metabolism, also Vitamin B found within also helps burn fat. If you don't like Sweet potatoes other foods containing glutathione are carrots, pumpkin, watermelon and avocado.

Spinach

The iron present in spinach is thought to keep our red blood cells healthy and help transport oxygen to our muscles, ensuring our metabolism does not drop or decrease. Kale, liver and chickpeas are also high in iron.

Eggs

One of the best nutritional benefits of eggs is the protein they provide. Protein helps support the growth of muscles, muscle mass is essential for those looking to boost their metabolism. Other good sources of protein are Lean white meats and fish such as salmon and sardines.

Fat Loss Tip

Sprinting is really effective for fat loss as it increases insulin sensitivity, making your body less predisposed to store glucose as fat.

Try this session

Sprint 15 seconds, walk back, sprint 30 seconds, walk back, sprint 45 seconds, walk back

Rest for 90 seconds then repeat 3 more times, guaranteed to get you working hard and burning fat.

Exercise of the Month

Pistol Squat

Now is the time for all you skiers and snowboarders to start thinking about your ski fit programs, don't leave it too late (as last year, you know who you are), the pistol squat is quite an advanced move but it is a fabulous worker of the leg muscles, the core and hip flexors whilst also improving balance



Stand on one leg with your other foot out in front of you, lower into a squat keeping your knee in line with the toes.

Supplement

Beetroot juice is proven to help you exercise for 16% longer and was the choice fuel for the GB athletes at last year's Olympics, the emerging super food has another lesser known benefit; it reduces blood pressure almost instantly, this is thanks mainly to its nitrates, which relax the blood vessel walls and improve the flow. A 250ml glass of the juice will lower your blood pressure by 10 points within 3 hours and the effects can last for a further 24 hours.

It does however have a slight downside, the taste is not the nicest, very earthy, Holland and Barrett have a version which has 10% apple juice added this makes it slightly more bearable (£1.85 for a 250ml bottle).

Congratulations

Graham Hazell completed a cycle ride from Basingstoke to Nice, the total mileage was 933 miles, he completed the event in 8.5 days, the route included the legendary climb up the mountain of Ventoux which is 1,912 metres (6,273 ft) and also where one of Britain top cyclists Tommy Simpson died whilst competing in the tour de France.

Since then Graham embarked on another challenge which is to walk the Appalachian trail, the total length of the trail is 2,200 miles and he along with his wife Laura hope to complete the challenge in 16 weeks, currently they have left Vermont and have completed around 459 miles, Good luck to them both, more updates will follow.