



Welcome to the Christmas issue of the newsletter, time for the office parties and slouching on the sofa watching re runs of only fools and horses, in all seriousness it is good to give the body a rest and time to recover, just be aware the worse you are over the Christmas period the longer and harder it will be to recover in the new year, maybe set yourself the goal of completing the NAC Fitness challenge in the first week of Jan and using that as a benchmark to beat for the rest of the year, alternatively set yourself some challenges, maybe book a 10k, or set a goal weight, just make sure you put something in the diary to keep you focused.

Nac Fitness Challenge

As promised last month I have been setting a benchmark challenge, trying to put something together with no kit was almost impossible, below are the 8 exercises chosen, (email me if you want a pictorial sheet sent to you), they have to be done in order and the clock keeps ticking, your time at the final rep is your benchmark time.

	MALE	FEMALE
Cone Run (20 metres apart)	20	20
Press ups	20	10
No rope skip	100	100
Overhead Press	25 (12kg)	20 (8kg)
Plyometric Lunge	30	30
Ball slam	20 (6kg)	10 (6kg)
Burpees	25	20
Russian twists	30 (6kg)	30 (4kg)

Send me your finish time and I will add it to the NAC Fitness league, I have done the challenge and it is exactly that 'A CHALLENGE' I will post my time in the next newsletter, there will be spot prizes throughout the year and 3 main prizes for top Male, Female and also most improved, good luck to everyone.

Research

New research from Spain has shown eating watermelon after training can significantly reduce muscle soreness the next day, this has been attributed to the watermelons high levels of an amino acid called Citrulline, plus antioxidants including vitamin C and lycopene. Watermelon also contains a unique anti-inflammatory phytonutrient.

To get more lycopene from the watermelon wait until it is fully ripe, when tapped it should give off a hollow sound.

Race Fit

If you are looking to beat your running personal bests follow these 4 simple tips

Get moving to warm up – Static stretches will not warm your muscles up, instead they will make them more relaxed to the extent that they will make them less efficient in propelling you forward, perform dynamic stretches such as high knee raises or walking lunges.

Pace yourself – It is easy to charge off at the start of a race when you are feeling fresh, but stick to a plan, work out equal split times for each kilometre and keep to them, save the sprint for the finish.

Take shorter strides – the common thought is the longer the stride, the faster you'll finish, you could be wrong, a Japanese study has found reducing your stride length by 18% reduced impact forces, making runners more efficient and also reduced the risk of injury

Don't drink too much – according to advice from USA track and field it is more important to start a race well hydrated and then only take sips of water when you are thirsty.

Health

Growing herbs is easy, you can turn an unused windowsill into your very own organic drug cabinet, below are some easy to grow herbs and their benefits for every aspect of your health.

Sage for Lower cholesterol – Sage is full of antioxidants which lower fatty deposits in your arteries

Oregano to ease sore muscles – this herb contains beta-caryophyllene which works as an anti-inflammatory.

Thyme for skeletal strength – two sprigs of this meet over half your RDA of Vitamin K and 5% of calcium, your recipe for healthy bones.

Basil for a better heart – an extract from basil slashed blood pressure and has a similar effect to mild Beta blockers.

Coriander can banish cravings – Coriander stimulates insulin secretion, balancing blood sugar.

Move of the month – Mountain climber



Start in a basic plank position, keeping the abs engaged crunch one knee in towards the chest, then repeat with the other leg, keep the body strong throughout, keep the hips from sagging.

Training Kit

Training in cold weather should not mean you have to look like the Michelin man, you don't need dozens of layers to keep warm, just the right lightweight thermal gear.

There are many makes on the market and a massive price range, you really do get what you pay for, the cheaper tops often have poor heat retention and poor moisture control, going for the more expensive option will give better Core temperature control and will also use materials that pull away the sweat from the body and stop it freezing against your body. You need to make sure that these tops fit snugly, otherwise the technology will not work

Congratulations

Graham and Laura Hazel finished the Appalachian trial, 1,900 miles walking in 111 consecutive days, a mammoth feat, well done.

Massive effort from Sonia Oliver losing 21cm from her body measurements over 4 months.

ALL I DO IS SET THE HAIR DRYER ON HIGH HEAT, AND THE POUNDS JUST MELT AWAY!

