



Spring 2015

Hi, hope you enjoy the latest edition of the newsletter, apologies for how long it has taken, it will now come out quarterly, as always I really appreciate any comments or suggestions, take care and stay fit

Theoretically spring is in the air, but as I sit here looking out of the window I think Mother Nature has forgotten to turn the page of her calendar. Are you ready to shed your winter clothes or are you still using them as a comfort blanket to hide those extra pounds and inches gained over the winter period? Have the old excuses started to resurface such as "I forgot my gym clothes, I will go tomorrow", "I don't have time this week, I will start next week when things have calmed down", or "it's too cold, too windy, I will wait for it to warm up".

Chances are you will always be too busy, you need to prepare and plan, once you have a routine in place it is harder to break, hey you may even start to enjoy it and you WILL feel better.

THE HARDEST LIFT TO DO IS YOUR BUTT OFF THE COUCH

FITNESS

There's a common perception that running, especially long distances plays havoc with your joints, when you think about it you can see why, every time your foot hits the floor it absorbs a force up to six times your bodyweight. But according to a 22 year study of MORE than 70,000 runners, there's no evidence to support the idea, in fact, quite the opposite. The ligaments and muscles supporting your joints are actually strengthened by the stresses of running, also one of the main causes of osteoarthritis is obesity and logic dictates the more you run, the less likely it is to be of concern.

Don't get carried away though, running is undeniably a high impact sport which means you need to be careful when starting up or coming back from injury, try to mix your running up with off road running as this will lessen the impact.

GET STRETCHING

The key to getting stronger, building more muscle and staying injury free is to look after your muscles, if you don't they'll tighten over time and restrict the range of motion through your joints, especially your ankles, hips, back and shoulders.

Mobility is the ability to apply strength through functional range of motion, if that range of motion is compromised, it will stop you working to your full capacity.

The main thing you can do to avoid these problems is to warm up properly, not just a couple of light lifts before a weight session or a few knee bends before a run, look at the exercise movement you are going to perform and break it down into stages, perform each stage slowly and go through the full range.

Another thing you can do is add filler stretches in between sets, these are stretches that work the opposing muscle group to the ones you are targeting, an example would be after a chest press do a latissimus dorsi stretch.



It may seem a hassle, but adding these simple things to a workout will help you train more consistently with less stiffness thus gaining greater results.

FAT

BY NUMBERS

60% - it's estimated that by 2025 60% of men, 50% of women and 25% of children in the UK WILL BE OBESE, obesity has more than trebled in the UK in the last 30 years

419 - The LARGEST ever documented weight loss was 419kg by John Minnoch, the heaviest man ever recorded.

5 - Compared with someone of healthy weight an obese man is FIVE times more likely to develop TYPE 2 DIABETES, three times more likely to develop cancer of the colon and more than three times more likely to develop high blood pressure.

£6.4BN - government figures suggest that obesity now cost the NHS £6.4 billion a year.

26.9% - Britain's obesity rate is 26.9% (109th in the world) - worse than France, Spain, Portugal, Greece and Holland. America Samoa has the highest at 74.6%, Bangladesh and Ethiopia are the lowest at 1.1%.

41% - The NHS says only 41% of men and 31% of women participate in at least 30 minutes of physical activity a week.

.5KG - 0.5kg of BODY FAT is equal to 3,500 CALORIES

RECOVERY

Don't let the thought of post-workout pain aches put you off your training. When you push your body you of course are going to feel it the next day, some may use this as an excuse to miss the next session, but there is no need, follow these simple actions and post workout aches will be a thing of the past.

STRETCH

Make stretching an important part of your workout. Doing it after training will loosen your tight muscles and send a signal to your brain that your workout is over, for added benefit try a grid roller, ask me about the best rolling variations for you

PROTEIN

After training make sure you provide your body with plenty of protein, vitamins and minerals for muscle regeneration. Eat foods high in protein and some fruit or vegetables, try fish like tuna and salmon, nuts and seeds and lean cuts of beef, if you don't have the time or availability for solid food try a Whey Protein Shake.

HYDRATION

When working out you are going to get hot and work up a sweat. Drinking water helps your body to calm down and start the recovery processes, you could try adding electrolytes to it for faster recovery.

SLEEP

When you are asleep your body naturally repairs itself, 8 hours is the optimum but as we all know everybody is different, just make sure it's the right amount for YOUR body, make sure it's a good deep sleep, have a battery alarm clock, NOT your iPhone and if you have a TV in the room turn it off at the mains.

FINISHING

Never just stop abruptly after your workout. You'll end up dizzy afterwards and painful the next day. Even just walking for five minutes will bring your body back to a relaxed state. It's important for your circulation and you won't find yourself struggling to take the stairs the next day.

RECIPE

1 cup of Rolled oats

1 cup of Granola

2 tbsp Chia seeds

2 tbsp ground flaxseed

¼ cup of pumpkin seeds

¼ cup of chopped almonds

½ cup of nut butter

1/3 cup of honey

These are so simple to make (Dom who is 3 helped me) and much healthier than the supermarket equivalent.

Combine the dry ingredients in a bowl

Microwave the honey and nut butter till soft

Add the wet and dry ingredients together and mix until well coated

Press into an 8x8 pan (lined with greaseproof paper) and freeze for 30-40 minutes

Cut into 8-10 bars

Play around with the ingredient's, add some dark chocolate for some indulgence



ESSENTIAL KIT



Smartwools four degree fit system allows this elastic sock to move with your foot to reduce rubbing, the ultra-light material allows your feet to breathe, and flat seams means no irritating stitching.

I thoroughly recommend this sock for all you runners out there, it is slightly more expensive than others on the market, but well worth the extra

www.smartwool-socks.co.uk

HEALTH BIT

Scientists are starting to realise you need more vitamin K in your diet, it helps prevent your arteries from stiffening, whilst also strengthening your bones. The optimal dose of vitamin K is 1000mcg which is 10 times the current RDA. One of the

most potent dietary sources of Vitamin K is Kale, it can be added to most dinners easily but try this Kale Shake

Handful of Kale leaves (strip the central stem and chuck)

Unsweetened Almond milk or water 250ml

Banana

Dates 2 (pitted)

Walnuts 2 tbsp

Put it all in a blender with a couple of ice cubes, Blitz until smooth then drink, for some added protein add 2 scoops of vanilla diet whey.

