



Spring 2017

Hey everybody, it's back and it's here to stay, sorry for the absence over the last year. I have been busy with study, clients and also updating the business, check out the updated website (www.nacfitness.co.uk) there are lots of cool new areas (more to be added soon).

Spring is here, so its time to get outside and get your dose of Vitamin D or "the Sunshine Vitamin", you need the sun's rays to manufacture Vitamin D, most people get enough vitamin D through sunlight but for others you may need to look at increasing your intake of oily fish (salmon, sardines, mackerel and tuna) and eggs to name a couple.

Vitamin D has been reported to help protect against many health conditions including overactive immune system, heart disease, osteoporosis and depression to name a few.

RUNNING

Your running regime may be making you fitter but have you experienced your times slowing, this could be due to a lack of balance in your body, many runners become blinkered by their need for training on the road and neglecting their time resistance training in the gym. A new study in the *journal of strength and conditioning* confirmed that traditional strength training can be more effective at increasing your speed than running alone, also a study by the Ruhr University in Germany found that strength training also boosts your endurance.

Try swapping a couple of your road days for days in the gym strength training and you should see your times speed up, your cardio increase and also fewer running related injuries.

Speak to me for a specific program.

WORKPLACE

Research has shown that repetitive motion, poor posture and staying in the same position can cause or worsen musculoskeletal disorders. Habits we build at work, especially when sitting can contribute to discomfort and health issues, inclusive of

- * Neck and Shoulder Pain
- * Musculoskeletal Disorders
- * Lower Back Pain
- * Obesity
- * Stress

To combat these issues try and add these stretches into your workday, set a timer to remind you, they can all be done at your desk and they may even increase productivity.



NUTRITION

To build muscle, burn fat, improve circulation and increase energy it is essential that you get a minimum of 7 hours sleep a night, the ingredients in this smoothie help you sleep. Banana's contain tryptophan which the body converts to sleep boosting hormones, kale is high in calcium which helps the brain process the tryptophan effectively, kiwis contain antioxidant's such as vitamin C that improve the onset, duration and quality of sleep. Avocado is high in magnesium which will help to calm the nervous system and prepare it for rest. Honey produces small insulin spikes, which cause the tryptophan to enter the brain.



1 Banana, 1 Kiwi, ½ Avocado, handful of Kale, 300ml Almond milk, 1 tsp Manuka Honey

This smoothie is quite thick so you may want to add 50ml Water

SPICE GAINS

Whether adding to a protein shake, smoothie or dessert these natural ingredients pack many health benefits.

SPICE

BENEFIT

Nutmeg

Pain Relief.

Digestive health due to its fibre content stimulating the digestive process.

Releases myristicin and macelignan which keep your brain Functioning at a normal, healthy level.

Acts as a cleanser for the kidney and liver.

Can help combat insomnia.

Ginger

Maintains Normal blood circulation.

Improves absorption and stimulation of essential nutrients.

Cold and Flu prevention.

Assists Digestion and food absorption.

Reduces pain and discomfort.

Strengthens immunity.

Combats morning and motion sickness.

Cinnamon

Regulates blood sugar.

Reduces Cholesterol.

Improves Blood circulation.

Has anti-inflammatory properties.

Aids with digestion, helps cleanse the intestines.

Boosts the immune system and helps fight fatigue.

KOMBUCHA

Known as the "Immortal health elixir" by the Chinese, it originated in the far East around 2,000 years ago.

Kombucha is a raw fermented tea, in simple terms it is a blend of organic tea, water, organic cane sugar and a SCOBY (symbiotic culture of bacteria and yeast).

Kombucha is packed full of naturally occurring probiotics, antioxidants, vitamins, enzymes and amino acids, it has properties that have been proven to help digestion, increase energy, detoxify the organs and balance blood sugars.

I have tried many different brands of Kombucha and have even experimented making my own, the best one by far is produced by a company called JARR, they are based in Hackney Wick, I have even been for a tour of their brewery.

I am working closely with JARR to get NAC Fitness clients discount, I will announce it as soon as it is available.

Hope you enjoyed the content of the newsletter, if there are any topics you would like me to add in please let me know, as ever stay healthy and if you think any of your family, friends or colleagues would like to receive my newsletter please direct them to the NAC Fitness website where they can sign up.

Many Thanks, Take Care Niel

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