



June 17

Sun, Sun, Sun come back all is forgiven, in this issue I cover Coffee, something that most of us like but have been bamboozled with conflicting information on how much is safe per day, also guilt free eating and new exercise research.

RESEARCH

Do you feel guilty when you are reaching for your second or perhaps even third cup of coffee, well feel no guilt anymore, a new study has been published by the Food and Chemical Toxicology institute which concludes that a healthy adult can safely consume up to 400 milligrams of caffeine per day (four 8oz cups of coffee or six shots of espresso, do be aware other foods and drinks also contain caffeine, as an example an 8.4oz Red Bull has 83mg of caffeine).

Safe to consume means in basic terms it will not have a negative effect on bone health, calcium intake, heart health, behaviour health, nor does it have an effect on reproduction or development, however everyone is different and like alcohol your ability to handle and tolerate side effects depends on your sensitivity, height and weight.

There are many benefits associated with caffeine it has been shown to improve aerobic exercise capacity, power output, anaerobic cardiovascular exercise and can also increase your overall training volume, if taking it as a pre workout drink it should be taken around 30 minutes before you start exercising.

NUTRITION

For years we have been told to not eat late at night if looking to lose weight, new research has now come to light that some strategic late night eating can actually help with our fitness gains.

The general rule of not eating at night stems from people switching off at night and not being as careful with their nutritional choices, also you are less active at night so will not burn as many calories, television is also another culprit with people being influenced by food related advertising.

Below are some tips and reasons why late night eating is not all bad.

Have a low glycaemic supper - try pairing lentils, black beans or sweet potatoes with Salmon, scallops or lean beef. In a study by the American Journal of Clinical Nutrition it showed that people who ate a low glycaemic dinner were better able to regulate their blood sugar after breakfast the next morning, optimizing blood sugar is important for improving weight loss but also for overall health.

Not all Carbs turn to fat – when you exercise your body changes what it does with food, it will push the nutrients towards recovery, meaning that following exercise your body will absorb more carbs, this occurs regardless of time of day. Not eating after a workout can affect your results, in the 45 minutes after exercise it should be your priority to supply the body with good nutrients, eat carbs such as sweet potatoes and bananas.

Have protein before bed to build muscle – There has been a myth around for ages suggesting your body doesn't digest food when you are sleeping, IT DOES, your body doesn't stop working, it is still pumping blood and your lungs are still working, only at a slower rate.

Bodybuilders have used Casein rich protein foods, such as milk, cheese and yoghurt as part of their nightly routine. A study published in Medicine and Science in Sport and Exercise, found that consuming protein after working out and directly before sleep helped with muscle recovery, growth and maintenance during the night.

If you are not keen on eating protein that late at night try a protein powder with Almond or cashew milk, it has the added benefit of milk containing an amino acid that helps the body produce melatonin and serotonin, 2 chemicals that help the body sleep, it is only a small amount, but little is better than none.

FOOD

It is all too easy when you are busy rushing around to grab the first thing you find, usually this is a bad choice, these protein balls are ridiculously easy to make and are super tasty, all the ingredients have health benefits, **peanut butter** is a really good source of monounsaturated fats, which are linked to improved CV health, it's also packed with protein and fibre. **Oats** are a source of beta-glucans, a soluble fibre that can lower cholesterol. **Honey** adds sweetness, but its low GI, so doesn't have the fat storing of other sweet foods that contain sucrose.



The full recipe is on the NAC Fitness website.

HEALTH

Here are 9 simple ways to rehabilitate your cardiac health, today's lifestyle is hectic, everyone seems to be in a rush, things need to be done today not tomorrow, focus some of your time into these simple lifestyle changes and reap the benefits.

1. Increasing your daily potassium by 1000mg will slash systolic blood pressure, (a banana has around 420mg, and a sweet potato packs around 540mg per potato).
2. Add a little extra weight when training, it will expand your blood vessels.
3. Swimming twice a week can halve men's risk of stress induced heart attacks.
4. Add orange foods to your diet such as squashes, they are full of beta carotene which is fantastic for a healthy heart.
5. Try tennis ball squeezes, studies by journal of hypertension saw people blood pressure drop by 10% after performing 4 x 2 min tennis ball squeezes for 1 month.
6. A Swedish study found that singing improves your heart rate variability, making you less likely to suffer from cardiac arrest.
7. Going outside in direct sun light exposes you to nitric oxide, which has been shown to lower blood pressure.
8. Add the supplement Rhodiola rosea as this curbs stress and keeps your heart muscle strong.
9. Practise deep breathing as this will lower blood pressure, take the time during the day to take at least 10 deep breaths.

WILLPOWER

All too often people start a regime with a goal that is too large, if progress is slow they become disillusioned and all too often they quit.

Try splitting the goal into smaller goals, this way you get the buzz of achieving goals quicker and are more likely to continue.

Use Prosocial motivation, make your goals for the sake of others, this will give it extra meaning, knowing it's not just you who benefits, for example, I want to lose weight to set a good example for my children.

Encourage others to join in your goal, enter an event, that way even if your motivation is down you won't want to let others down.

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

Many thanks, take care Niel



