

WINTER ARTICLE

From alison@livewellbhappy.co.uk

The days are getting shorter. Part of us wants to hibernate. To go home, get under a blanket with a mug of tea, biscuits and a good DVD. Some of us tend to forget the gym exists or feel it's too cold to go out and exercise. So we have put together a few tips on staying active and healthy during the cooler, darker months.

1. **If the sun is out Get Out!** Our bodies need Vitamin D to help support a healthy immune system and help us feel happy.

Sunshine enables us to produce Vitamin D. Getting a few minutes of sunshine a day benefits your mental health, outlook on life, and can help to prevent SAD (Seasonal Affective Disorder).

2. **Exercise with a friend or in a group.** If you arrange to meet a friend for training you are less likely to cancel at the last minute. Find a group, or class to join. If you engage with the group on a social level you will want to exercise with them.

3. **Get active in your workplace.** Start a weight loss club i.e. create your own version of the Biggest Loser. Or get a running/ walking group together. You can keep charts so you can monitor your progress, and encourage each other to greater achievements. Take turns finding new lunchtime walking/running routes.

If there is space and demand, see if you can start a yoga class at work. The cost of an instructor can be split between the group. Set yourself a goal or enter yourself or a group in an event i.e. fun run, in the near future. Having a target to aim for will give you something to work towards.

4. **Eat foods that help your mood.**

- Porridge Calming. High in Zinc. Low GI so sustains energy levels. Helps immune system. The fibre also aids digestion.
- Bananas High in potassium helps body release hormone (serotonin) which makes you happy and calm!
- Acai Berry Super food. Boosts energy levels gives sense of well-being.
- Green/White Tea high in antioxidants (can also aid weight loss)
- Blueberries rich in Vitamin C which makes us feel alert and possess antibacterial qualities so keeps us healthy.
- Avocado Increase levels of dopamine and feel good endorphins.

Inner Geek: Avoiding the sugar slump.

Eating a balanced diet is the key to avoiding the sugar slump. Consuming fast digesting sugars (high GI foods and snacks) can make the problem worse and leave you feeling even more tired (follow graphic below, clockwise).

Foods with a low/medium GI rating release their sugars slower over a longer period and therefore help to keep your energy levels balanced. Save the high GI foods for immediately after intense exercise when your body may need refuelling quickly to avoid muscle breakdown (catabolism).

Example low/medium GI snacks

- Carrot sticks and low fat hummus
- Oat cakes
- Some fruit apples, oranges, grapes
- Edamame (steamed soy beans)

NB (combining carbs with other foods can affect their GI rating and the effect on your body. For more information contact us).

GI rating for some common carbohydrates

A Glycaemic Index of less than 55 is considered Low, 56 to 69 Medium and greater than 70 is High. Values will vary depending on brand, variety, ripeness, preparation etc.

All Bran 43	Chocolate 49	Kiwi fruit 53
Apple 37	Cornflakes 81	Lentils 28
Apple juice (clear) 44	Croissant 69	Mango 56
Apricot (dried) 30	Dates (dried) 72	Mars bar 65
Apricot (tinned) 64	Digestive biscuit 60	Milk (full fat) 27
Baked beans (tinned) 46	Doughnut 76	Muesli 58
Banana (ripe) 58	French baguette 68	Oat bran 50
Beetroot 64	Grapefruit 25	Orange 44
Butter beans 31	Grapes 48	Orange juice 55
Carrots 51	Hazelnuts 33	Pineapple 66
Cashews 22	Ice cream 61	Peach 42
Cherries 22	Jelly beans 80	Peanut butter 29
Chickpeas 33	Kidney beans 28	Peanuts 22

Pear 36	Potato crisps 54	Sultanas 57
Peas 48	Raisins 64	Swede 72
Pineapple juice 46	Rice Crispies 83	Sweet corn 55
Pitta bread 58	Rich Tea biscuits 57	Sweet potato 54
Plums 32	Rye bread 65	Table sugar 65
Popcorn 55	Shredded Wheat 70	White bread 70
Porridge 46	Sourdough 57	Wholemeal bread 69
Potato (boiled or mashed) 74	Soya beans 20	Yoghurt (low-fat, sweetened) 33
Potato (jacket baked) 72	Spaghetti (white) 43	Yoghurt (low-fat, unsweetened) 14
	Strawberry 32	

Our News:

- New, Legs Bums and Pregnant Mums class with Alison at JAGS in North Dulwich. Specialist Pregnancy class aimed at maintaining fitness, posture and preparing for birth and facilitating a speedy recovery after.
- Kettle Bells class at Kinetic Fitness Waterloo with Sid. Burn 800 calories plus with this total body workout.
- Belly Dance for fitness in Dulwich Trevor Bailey Sports Hall in Dulwich with Alison. Sculpt and tone your abs, improve your co-ordination, de-stress, burn some calories and discover your inner goddess.
- We have more time for you! We have rescheduled our diaries and now have much more time to see you mornings, afternoons or evenings.

STUCK FOR CHRISTMAS PRESENT IDEAS? Give someone close to you the gift of fitness this Christmas with a Personal Training Voucher. They could use it for a dance lesson, a kettle bell session, an aqua fitness session, a stretch and relaxation session or if you could train/ dance together. (If it s you that wants the session please feel free to print out, highlight the section above and leave in an obvious place for the intended person to see J)We cover lots of areas so if you are not sure please take a look at our website to see what we offer.

Don't forgot we also work with the Mind Body Therapy Centre based at Energie, Forest Hill so if your preferred gift is a therapy then please do give them a call on 0203 417 6108.

Until next time.....Live Well B Happy!

Alison & Sid

<http://www.livewellbhappy.co.uk/>