



Classes

Last Classes before the
Christmas Break

Fitness Pilates Mon 19th Dec

Gym Tues 20th Dec

Start back up in 2012

Fitness Pilates Mon 9th Jan

Gym Tues 10th Jan

**Thank you to all of you
who attended our children
in need evening. We raised
£110.00 and thanks to**

**Janine who added extra to
take us upto £100 on the
night**



Jacqui Smith

16 Porters Close

Buntingford

Herts SG9 9BW

01763 274681 / 07956 647806

www.jacqui-smith.net

www.ukhooping.co.uk

Frequently Fitness Question

**Do I have to do exercise
everyday for the rest of
my life to have a flat
stomach. I have two kids
is that why this stubborn
fat does not go away?**

On the contrary you probably **SHOULDN'T** be exercising every day. You see, if we're doing the right type of exercise the results come in the **RECOVERY**. When resistance training, we're actually creating tiny micro-tears in the fibres of the muscle. When that muscle is repairing, we burn serious calories doing so. In its new, stronger, repaired form it requires more calories than it did before, just maintain this new state. If we don't give our muscles this chance to recover, we're actually doing more harm than good.



Lack of Vitamin D see's an increase in Rickets

Its a disease the medical profession thought they had seen the last of, but worryingly statistics show a huge increase in rickets amongst children.

What is Rickets?

Rickets is a disease caused by a lack of vitamin D in our body. Vitamin D is vital to our body's well being and among other things a lack of vitamin D is needed to allow the body to absorb calcium within the bones and teeth, so if there is a lack of vitamin D in childhood, the bones become soft, which then leads to the classic bow leg appearance of rickets.

Rickets made a big appearance during the 18th century when the industrial revolution took place, workers and children were in heavy smog, not seeing sunlight couple this with poor diet, rickets ensued, prior to this era, archaeologist rarely saw rickets when finding an ancient skeleton as most people worked outdoors and within the countryside.

So how is it making a re-appearance now?

Unhealthy diet and lack of outdoor play and covering up in sunscreen are to blame. Researchers suggest that as parents we are so concerned with en-

uring our children are covered up in sunscreen to protect them from the sun, they aren't in fact getting enough sun - we need the sun it gives us our 80% of our vitamin D needs and no it won't get through the barrier of the sunscreen we put onto our kids. Just 15-20 minutes of sunlight without sunscreen on a day is enough to protect our children from developing rickets. The rest we get from our food - oily fish, the yolk of eggs, liver.

Children hardly exercise outdoors, spending too much time in front of the telly or on computer games, they don't get the vitamin D needed as they are cooped up indoors. Couple that with a poor diet and this is why we may be seeing an increase in this 18th century disease.

We as a nation have a wider spectrum of food available to us so nutritionally we should be superior to our ancestors, yet we are seeing an increase in nutritional diseases from past history - we should be learning from history not repeating it!

Getting Yourself Organised and Healthy by Marvin Burton

Have you ever come in from work after a long day and gone hunting through your cupboards for something to satisfy your hunger needs?

Instead of making a full on meal and cooking a chicken or creating a Jamie Oliver classic, you'll grab what ever is the quickest fix for you time, depleted energy levels and mental state.

Often this isn't very healthy.

In my 11 years of losing weight myself and training others I think that planning and organisation is the key to everything:

- Losing weight
- Training for an event
- Recovering from illness

Here are some quick fire tips on making sure you can choose a better option and not cause yourself the inconvenience of becoming 'master chef' after a long day out/at work

1. Always cook extra. Store the extra in the fridge or freezer then you will always have something for the next meal, snack or when your In a rush

2. When you leave the house take enough food with you so that you don't return 'starving'

Storage tubs are great or Cool bags. I have a cool section in my gym bag. (That's a fancy bag)



3. Set up a share system at work. My friend works in an office and has a food club with 4 of his colleagues. They all are allocated 1 day of the week and have to provide lunch for the others in the club on that day. This works great if you are all on the same motivational adventure. It also stops the office worker that ruins everybody else's diet by bringing in the tub of cookies every Friday!

4. Have a portable store cupboard in your car. I have a crate of water and bags of goodies all of the time. There is always a time I am in need of a quick drink. You'll be surprised how much I save on not stopping at the shops every time I pass.

5. Plan a weekly food planner and get all of the shopping done for the week. This can only work for a maximum of 1 week because of fresh food, however it does make decisions a lot easier.

6. The slow cooker. If you have one you'll know it's a winner



7. When you buy your slow cooker buy a steamer as well. Along with my water filter these make up my top 3 kitchen appliances. Steamer and cooker both have a timer on them. So while I'm showering the salmon and veg is steaming away.

8. Despite you first thought to this next tip please read it until the end. Shopping online. Now let me finish. It saves time, petrol, gives you chance to do other things, stops you buying all of the other things you know you wouldn't have if you didn't float around a supermarket. It prevents you getting angry with other shoppers, trying to push a wonkey trolley and getting wet on your walk to the door. I only shop online for the essentials. Make a list of he things you need every week/month. Set up your online shopping list. You click the same list each week that's stored in your area and it appears at your front door like magic.

9. Bulk buy. If you won't follow tip 8 then get to the whole sale store and get everything you need. Stock up like its world war 3 and then you have most things for a while

10. Hire a chef!

Hopefully you can manage these tips. They will save you time and money but still allow you to be healthy. This is a modern day approach and if you are still self motivated, love cooking and don't have a problem with growing your own produce and preparing it then well done. You are unfortunately the minority. Please book me in for Sunday dinner.

Maru

Hula Hoop Workouts Burn Calories

By Brenda Goodman
WebMD Health News US Feb 2011

Working out with a hula hoop burns about as many calories per minute as step aerobics, boot camp, or very brisk walking, a new study shows.

For the study, researchers recruited 16 women between the ages of 16 and 59 and had them learn a 30-minute aerobics routine that uses weighted hula hoops twirled around the waist, arms, and legs.

After two practice sessions to get familiar with the moves, volunteers wore portable oxygen analyzers and heart rate

My suggested iphone / itouch / ipod apps

Ever wondered exactly where your partner/child/lover is??

Well if they have an iphone and you do, you can now track where they are (obviously they need to approve this Find My Friend app)



Hooping It Up

The study participants' average heart rate was a brisk 151 beats per minute, about 84% of their age-predicted maximum heart rates. Their average oxygen consumption was about 20 milliliters per kilogram per minute, resulting in about 7 calories burned for each minute of hooping, or about 210 calories burned in a half-hour class.

"We were very surprised, actually," says study researcher John Porcari, PhD, an exercise physiologist at the University of Wisconsin, La Crosse. "You think of hula hooping as just a recreational thing that kids do. 150 is a pretty high heart rate."

The study was sponsored by the American Council on Exercise (ACE).

"The findings from our commissioned study indicate that hooping delivers a total-body workout that can improve flexibility and balance while strengthening the back, abdominal, arm, and leg muscles," says Cedric X. Bryant, PhD, chief scientific officer of ACE



Its that time of year again when we over indulge

Take the NHS Choices myth buster test

<http://www.nhs.uk/Tools/Pages/alcohol-myths.aspx>



Alcohol myth buster
Test your knowledge of alcohol-related risks and find out the facts about drinking. Can you tell fact from fiction?

Alcohol myth buster

There are so many stories around alcohol and drinking that it's hard to know what to believe. Being informed about the facts is the best way to make sure that you drink safely.



Do you know the facts?

I would like to wish you and all your families a wonderful Merry Christmas and all the best wishes for 2012