

Healthier Lifestyles

“Providing people with the tools, motivation and inspiration to develop a healthier lifestyle”

Introduction (by Andy Smith)

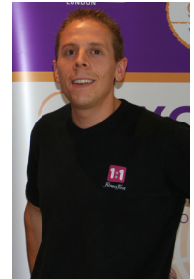
Thank you for taking the time to read this month's newsletter. Once again, I have tried to provide a host of information that might be of use to anyone who is looking to improve their general health, fitness or even to reduce stress and increase feelings of well-being, so please forward this on to your friends and family and encourage them to contact me to receive next month's newsletter. You can email me on andygsmith@gmail.com.

In this month's issue I have discussed an alternative approach to training. If you do not have the time to visit a gym, or even if you do not enjoy the gym environment, then maybe you could consider doing some form of light exercise at home. I will discuss this in greater detail and also outline the options that are available with regards to home training.

In addition, I have given details of this month's exercise of the month, which is great for toning the shoulders and upper arms, so why not give it a try?!!

Finally, I have included an article, which I have written in order to outline the benefits of using nutritional supplements. This follows on from the information provided last month (issue 8 - January 07), detailing how to structuring a healthy eating plan.

I hope you enjoy reading my newsletter and I also hope that you are able to implement some (if not all!) of the information provided.



Exercise - Home Training

For many individuals the gym environment can be viewed as far from appealing! Maybe it is far too busy, or you are unsure where to begin when joining a gym. Perhaps you are unable to find the time due to family or work commitments, but fortunately there is an alternative!

If you are keen to exercise, but do not wish to do so at a gym or health club then why not consider training at home? Over the past 9 months I have provided you with many exercises that you can do at home with very little equipment. If you have a Swiss Ball, Dumbbells and a resistance band you can perform all of the exercises detailed in my newsletters and you can purchase all of this equipment for as little as £50! Include some light cardiovascular exercise such as walking, cycling, jogging or even boxing and you have a complete workout regime!

I am currently looking to expand my personal training business to include home personal training. This is a convenient and enjoyable way for you to exercise, with supervision and guidance to ensure you are moving towards your personal goals. In addition, you will receive advice with your nutritional plan to ensure that your diet is complimenting your training.

If you would like any information about home or gym-based personal training in Harrow or Hillingdon, then please do not hesitate to contact me on andygsmith@gmail.com. If you do wish to train from home then why not take advantage of my February Special Offer detailed below?

**** HEALTHIER LIFESTYLES FEBRUARY 2007 SPECIAL OFFER ****

Free Comprehensive Health Check

Health Check includes: blood pressure, heart rate, height, weight, BMI, flexibility and body fat percentage

Free Goal Setting and Discussion

Discuss your goals and objectives to ensure that they are realistic and achievable, helping you to stay focussed



& Free Personal Training Consultation

Discuss how personal training can assist you in reaching your goals. Details of prices and promotions also provided

Exercise of the Month – Upright Row

The upright row is typically performed using a barbell, but in this newsletter I have provided an alternative using a simple resistance band.

The upright row targets a number of muscles of the upper body including the shoulders (delts and traps), as well as the front of the upper arm (biceps). Try to incorporate this exercise into your home training regime to tone the shoulder and arms.

<p>Stand with both feet on the centre of the resistance tube with your feet at hip width apart. You should have one handle in each hand in front of you, with your knuckles pointing forwards. Try to keep your hands approximately 6 inches apart throughout the movement. This is your start position and you can alter the difficulty of the exercise by widening or narrowing your stance.</p>	
<p>To perform the exercise, lead with you elbows and bring your hands up close to your chin. This phase of the movement should be performed relatively quickly (in around one second). For the second phase of the movement, lower your hands back to the start position. This should be done slowly (in around 3 seconds) and under control. Once you reach the start position, the movement can be repeated for the desired number of repetitions</p>	

What are the Benefits of Using Nutritional Supplements?

Does eating a healthy balanced diet alone provide all of the nutrients that the human body needs to function correctly?

There are many different types and brands of nutritional supplements available to the consumer, but what are the benefits of using these products?

These are just some of the questions people may have regarding nutritional supplementation and the purpose of this article is to answer these questions.

There are many different types of nutritional products available in the shops today and the health and wellness industry is one of the fastest growing industries at the present time. This is due to many factors including the huge increase in obesity and the increasing numbers of individuals being diagnosed with degenerative disease.

It is commonly believed (especially amongst older generations) that eating a balanced diet and exercising regularly is sufficient to maintain good health, but there is also the conflicting argument that without supplementation, many people's intake of vital nutrients falls far short of their body's requirements.

Before I discuss these issues, I would first like to give a brief overview of some of the vital nutrients that the human body needs to function correctly:

Firstly there are the macronutrients. Macronutrients include Carbohydrates, Proteins and Fats. At the most simplified level, carbohydrates provide our bodies with energy, proteins are responsible for building and repairing muscle tissue and fats provide additional energy reserves and allow for the transportation of micronutrients around the body and are also necessary for the production of many hormones.

Secondly there are micronutrients. Micronutrients include vitamins (also known as anti-oxidants) and minerals. Each vitamin (A, B12, C, D, E, K, etc.) and mineral (Calcium, Iron, Magnesium, Zinc, etc.) serves a specific function within the body and all of them are required for good bodily function. Deficiencies in vitamins and minerals have been identified as one of the primary factors in the development of degenerative disease, as vitamins in particular are responsible for the removal of free radicals within the body.

Free radicals are harmful molecules, which are produced by chemical reactions within the human body, as well as by factors in our external environment. They attack healthy cells causing them to break down (degenerate), in the long term potentially leading to the development of degenerative disease.

It has been suggested that in order to maintain human cells in a state of optimum health that 400 IU (International Units) of vitamin E should be consumed on a daily basis. This value is higher the Recommended Daily Allowance (RDA) for a number of reasons:

Firstly, RDAs were established in the 1940s and were guidelines to prevent diseases such as scurvy and rickets and are considered to be considerably out of date. In addition, the external environment in which we live today contains higher levels of pollutants, radiation and other harmful substances, which significantly increases our need for anti-oxidants.

It is known that the levels of vitamins in fresh fruit and vegetables depletes over time, so in order to get the best anti-oxidative defence from our food, we would have to consume them immediately after they were picked. This is very difficult due to the nature of how supermarkets distribute their produce and the shelf lives of these products.

In addition, the process of cooking also reduces the levels of micronutrients in these particular foods.

Vitamin E is the most powerful anti-oxidant and is present in many vegetables, nuts, pulses, etc. To put this into context, an individual would have to consume 14.5 kg of spinach each day to achieve this dosage. Alternatively, 1kg of almonds would provide the optimum protection to the human cells. This example should highlight that it is very difficult to consume 400 IU of vitamin E without incorporating nutritional supplementation.

In summary, I would recommend that almost all individuals use a high quality multi-vitamin and multi-mineral supplement in order to ensure that adequate quantities of vitamins and minerals are consumed. This can assist with correct body function and elevate energy levels throughout the day, but will also reduce free radical damage and cellular degeneration within the body.

Macronutrient supplements (i.e. proteins, meal replacements and healthy snacking options), also serve a purpose to many individuals:

An example would be for vegetarians who generally find it difficult to consume sufficient quantities of protein. In this instance, I would strongly recommend supplementing with a Soy Protein supplement. Soy protein does not contain animal products and can provide all of the essential amino acids that the body requires for building and repairing bodily tissues.

For individuals looking to manage their weight, meal replacements can provide the correct balance of nutrients in a low calorie supplement. I would not recommend that someone rely solely on meal replacements as it is important to also consume whole foods, but meal replacements can be convenient for people with busy lives.

Healthy snacking options also provide an excellent means for receiving a good balance of nutrients with little or no preparation. It would generally be much more beneficial to an individual's health to consume a high quality healthy snack bar than to purchase a snack from a convenience store.

Therefore, the use of macronutrient snack depends on an individual's health goals and personal dietary requirements.

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If you have any questions regarding the content of this article, or if you would like personal recommendations regarding nutritional supplements, then please email me for more information.

I have written a number of articles around the subject of healthy eating and exercise, so please email me if you would like me to send you more articles.