

Body, Mind & Soul – let's get ready for the summer!!

I love the summer! Longer days and holidays with my family – perfect! I have listed some of the ways that we should prepare for the summer to ensure we get the best out of it this year. In January many of us look at ways we will start to exercise. Not many of us continue to exercise beyond the first ten weeks. Is exercise just part of the story?

Body – Is it just about exercise?

Eat and drink the right things - Most weight gain is down to us eating too many calories in a day or a week. The average calorie intake for one day should be between 2500 – 3000 calories to maintain a healthy weight. One slice of pizza has over 300 calories; a whole pizza will be 2400 calories. Did you know that scrambled eggs and ham is 300 calories and your average bowl of cereal is 450 calories? It is worth logging your calories each day; you will soon learn to manage your daily calories. We advise that you find a calorie tracker online or simply write down what you eat and don't cheat. Our mothers used to tell us to drink more water and eat our greens, this advice is still relevant! ! We should drink more water and drink less alcohol, obvious right? Well do it then. The average run for one hour is five to six miles and will burn just over 1000 calories. So we need to eat less to get good results, it is not just about exercise?

Breathing and relaxation - Learning ways to breathe and meditation techniques will help the whole body to relax. We all have periods in every week when we need to take a deep breath! Stress can feel like hunger, so be less stressed and some of us will not feel the desire to turn to food.

Exercise –Most doctors will tell you by doing more exercise you will be healthier. A reduced diet and more exercise is the best prevention for most serious illnesses. You do need to be realistic about your goals when you first start to exercise. If you are overweight you should start with a little exercise but often, you will soon start to feel the difference. The government suggests we should all have at least twenty minutes exercise that will raise your heart rate at least three times a week. You must work out your goals before you start to exercise. Most of us drop our exercise plans within ten weeks of starting. Make sure you pick exercise that you enjoy or exercise in a social way, exercise in a group or with a good friend.

Mind – Clear your mind? Success is in the head?

More sleep - having a good night's sleep is the most efficient ways of recovering a stressed body or mind. This may seem obvious, but many of us do not sleep well. Too much sleep is sometimes a sign of mental stress. We should all aim to have a good seven and a half hours sleep every day, this will help you exercise well, help your moods and generally make you feel better.

Smile Be Happy– the brain is very complex. If we tell our brain to be happy we may well be. Life can be hard and sometimes we may not want to smile. Tell yourself you are happy at the start of every day and see what the results are! We can re programme our brains on a daily basis if we believe we can. Professional sports people programme their brains most days to ensure they achieve the best results. If we keep telling ourselves we will be fitter and happier the results will be amazing.

Take breaks during the day- It is very easy to get lost in your day. How many times have we said that e mails will not write themselves? The question should be; Do I really need to send that e mail? We should have at least three timeouts in the day, it is proven we will be more effective. Make time for a walk or exercise you have planned and ensure you keep to your plan. Some of our clients now insist on hitting 10,000 steps a day, they achieve most of this by having a simple walk in their lunchtimes. This will burn over 400 calories alone.

Soul – you deserve to have a great summer, right?

Appreciate what we already have – sometimes we worry about what we do not have as human beings. For every one thing we do not have I bet there are nine things you do have. Do not centre on the one thing you do not have, focus on all the good things that happen to you and you already have. When we feel down the best way out of the mood is to think of all the great moments in your life, remind yourselves of those times. Use them as a trigger when you are feeling down. Remember seeing your child score their first goal? Remember your wedding day? There will be lots of examples.

Love who we are - It is unfortunate that we are not all eight stone with chisel chins. We are all different but we all have a skill or trait that everybody remembers about us. If you love yourself it makes it much easier for others to do the same. Work on improving your good points, we all have them. Work out what you are good

at and make sure these are skills you use regularly? Work with others on your weak points, we all have different strengths.

Live our passions. If you love fitness, get fitter. If you love running, run a half marathon. If you love films go to the cinema, if you like food eat out once a month. Live your life, nobody knows what tomorrow or next week will bring.

Make a decision today, how will you be prepared for summer 2016? Do not put it off any longer. If your goals are related to fitness or your wellbeing we may be able to help you. If every time you look at getting fitter or running a marathon you say "I can't do that!" Then definitely give us a call, we will show you how you can!

Most things in life can be achieved you just need to find the way to do it!! What are your personal goals for summer 2016?

Tina Sales, Full Bottle Fitness

info@fullbottlefitness.co.uk www.fullbottlefitness.co.uk 07758 812789