



# POULSON TRAINING NEWSLETTER

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## WELCOME!

Hello again... and just like that we are already at the end of February!

Let's dive into issue 2...

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# FITNESS FACTS

## Government Exercise Guidelines explained!

We all know moving our bodies more will help improve our health but there are so many different sources of information out there, telling us to do different things, it can be hard to know where to start. In this month's newsletter I am going to breakdown the NHS Guidelines on exercising for adults. The picture below summarises the NHS guidelines:



## **Firstly, what is physical activity?**

Physical activity is any form of movement using your body.

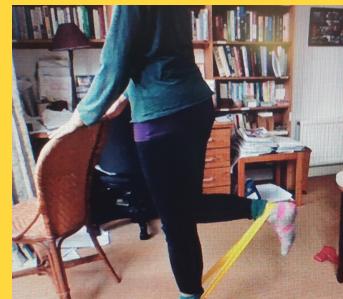
This means washing your car, hanging up the laundry, unloading the dishwasher, unpacking the shopping are all forms of physical activity.

Yoga, dancing, swimming, hiking and playing sport are all also physical activity. If you are moving your body during an activity, you are being physically active.

## **What is strength training?**

Strength training is a form of physical activity where we are trying to make our muscles, joints and bones stronger using resistance.

This resistance could be our bodyweight, dumbbells, resistance bands, a heavy rucksack, compost, even grandchildren!



## **What is the difference between moderate and vigorous activity?**

Moderate activity is a level of movement where you can still hold a conversation.

For example, walking round the block with your friend chatting away, singing along to the radio while you do housework. You might be a little breathless and not hit all the right notes but you aren't gasping for air.

Vigorous activity requires deeper breathing and although you could give one word answers you couldn't hold a full conversation.

Like when you reach a big hill and fall silent as you climb to the top, or when you realise you are panting at the end of a fast track in a dance class.

How moderate or vigorous intensity feels to you will not be the same as someone else. Try and listen to your body to see what intensity different types of physical activity feel like to you now and if this changes over the coming weeks.

## **How much of each should I aim for?**

Here's a step by step guide to help you increase your activity levels. It doesn't matter where you are starting from, the aim is to try and increase your physical activity levels gradually over time.

### **STEP 1:**

Do some form of physical activity every day (remember if you are moving your body in some way you are doing a form of physical activity).

### **STEP 2:**

Incorporate 150 minutes of moderate intensity activity into your week. This can be broken up into multiple sessions throughout the week. For example:

- 20 minutes brisk walk each morning, or
- A game of doubles tennis, playing with the grandchildren and 30 minutes of gardening in a week
- 40 minutes cycle to town and back every other day

### **STEP 3:**

Increase the intensity from moderate to vigorous for some of the exercise above

- Choose the hilly route when walking into town twice a week
- Switch doubles tennis for singles once a month
- Challenge yourself to climb up and down the stairs twice every time you need to go upstairs

### **STEP 4:**

Incorporate strengthening activities that work all major muscles twice a week

- Perform bodyweight exercises such as sitting on and off a chair, bending down to touch the floor and standing up, reaching arms overhead
- Attend a class that uses resistance such as dumbbells or resistance bands
- Join in a yoga or pilates youtube video

# MENTAL HEALTH HINTS

## How do you get in the right frame of mind to exercise?

Over the last year we have all had to change our exercise routines to work with the space we have available at home. Previously you may have gone to the gym to exercise, walked to your local community centre for a class, or booked a lane for a swim in a pool each week.

Now we exercise in our kitchens, lounges and bedrooms! Whilst this brings the benefits of being close, convenient and has the bonus of not having to change out of your pyjamas, it does have an impact on our motivation and makes getting in the mood to exercise harder.

We no longer have the ritual of booking a spot, travelling to the venue, signing in, getting changed, filling up our water bottle, then exercising. We can just stare at the space on the floor where we should be working out from our sofa!

## So how can we mentally prepare ourselves for exercise from home?

Here are a few things myself, clients and family have done to create a new ritual that gets us in the right head space for exercising:

### - Music -

My bedroom is my office, personal training studio, workout space and bedroom so I use music to change the atmosphere in the room and to get my energy levels up. I train after a morning walk, so as soon as I come in from outside I put my speaker on and pick an uplifting playlist. I find even if I'm not in the mood to workout, listening to the music while I get out my equipment and mat and get organised gets my body moving to the music and ready to go without me even realising.

### - Dedicated space -

My sister loves exercise classes so when lockdown hit she moved all the furniture out of her conservatory and replaced it with all her workout gear laid out and ready to go, now she has a dedicated space to train in where she can set up her laptop and follow a virtual class. She can shut the door to the rest of the house so she knows when she enters that room it is time for her to train.

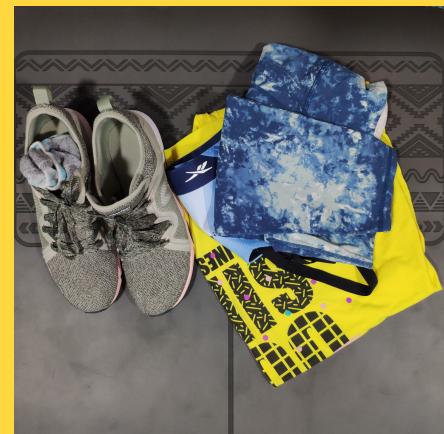
### **- Commit the night before -**

I run a class on Friday mornings at 9am, it takes a lot of will power to wake up on a Friday morning and exercise. Lots of my attendees pay for the class on Thursday and lay out their equipment that evening, this way the decision and commitment has been made ahead of time and they aren't relying on their sleepy Friday morning self, its simply a case of logging on to the class when 9am rolls round.

### **- Exercise outfit -**

Changing into a specific outfit to exercise in is a great way to tell our brains that we intend to exercise and helps us feel good about ourselves while we exercise.

One of my clients has a very busy job and knows virtual meetings often overrun. Instead of missing out or running late for sessions she will pop her workout clothes on in the morning under a smart jumper, even if her workout isn't until 3pm, the decision has been made that the workout will happen. Then if the meeting runs until 2.59 she is one jumper away from being ready for her workout and it's one less barrier to getting her daily movement in.



I hope this has given you a few ideas of how to mentally prepare yourself for exercise when we can't always rely on a change of environment or our usual routines.

If you've tried a new tactic for getting in the right frame of mind for moving your body and it's worked why not share it with your friends or family, they may be struggling to get going; sometimes the simplest steps make big differences.

# BOOK RECOMMENDATION

Before the winter draws to an end I have to introduce you all to my favourite cook book, **The Green Roasting Tin by Rukmini Iyer.**

The beauty of this cook book is that every recipe is simply cooked in one roasting tin. 10-15 minutes of chopping and preparation before its left in the oven for 20-60 minutes to do its thing... the perfect time for a glass of wine and a catch up with a loved one! (Plus very little washing up at the end)

The recipes are simple, delicious and don't require a ridiculous number of ingredients. This particular book focuses on vegetarian and vegan dishes, however, Rukmini also has 3 other books covering meat, fish and recipes from around the world.

This book has introduced my family to some gems such as; oven cooked broccoli and gnocci, rainbow carrots, chipotle chilli flakes, puff pastry quiche. A week doesn't go by in our house without cooking a recipe from the book and I've popped a few pictures of some of our creations below. If you are looking for cooking inspiration and want hassle free, tasty recipes you can get the book from Amazon for £9.99.



## FIND OUT MORE

Did you enjoy February's newsletter?

Please help me spread the word by sending this newsletter to any friends and family who you think would enjoy reading February's issue.

You can find all previous newsletters at  
<http://poulsontraining.co.uk/newsletters.html>

