



# POULSON TRAINING NEWSLETTER

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## WELCOME!

Hello and welcome to Poulson Training's first newsletter!

I hope in this month's newsletter you will find some helpful tips when it comes to health and fitness, let's dive right in...

## WHATS INSIDE?

Fitness Facts

Mental Health Hints

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# FITNESS FACTS

## Do you know where the figure 10,000 steps comes from?



Everyone has heard of hitting 10,000 steps a day and even those of us who don't count steps have all at least once tracked to see how long it took to reach the magical 10,000 steps in a day. But what are the health benefits of 10,000 and where did this figure come from?

In 1965 a Japanese clock making company created a pedometer called a Manpo-kei, which translates to 10,000 step meter. The name was a marketing tool chosen to entice their customers to buy the pedometer.

Now 10,000 steps a day has become a household phrase further research has been done to see if we must hit this number in order to see the health benefits.

In a study of over 16,000 women aged 62 to 101, a 41% reduction in mortality was shown for those averaging 4400 steps a day. Mortality rates gradually improved before levelling off at around 7500 steps a day.

Therefore, if seeing that 10,000 step count feels intimidating or daunting then research suggests you are already seeing improved health benefits from 4400 steps a day and a more suitable goal may be 7500 steps a day.

Another option is to try increasing the speed you walk rather than your number of steps, I'm a big fan of a powerwalk to some 80s classics! It is after all just a number and what is far more beneficial to our bodies is moving when we can in a way that feels good.

There are so many day to day activities we are getting steps in; every time you walk to the toilet from your desk or sofa, any time you go upstairs and downstairs because you forgot what you went up for! Popping to the bottom of the garden to scare away the squirrels eating the birds nuts... Next time you worry about the magical 10,000 steps reflect on the day and consider all the ways you moved your body without even realising!



# MENTAL HEALTH HINTS

Everyone has been doing a lot of walking lately and I really hope it is something everyone continues even after lockdowns are lifted.

There is something about being in the fresh air that really helps to clear my head. I notice animals, say hello to other walkers more and feel calmer even after walking around the same loop for the 1000th time!

Something my husband and I have started doing is asking each other 2 questions on our daily morning walks:

**What was the best thing about your day yesterday?**

**What is the one thing you really want to achieve today?**

It's nice to take an interest in each others day and helps you think about the good that is going on in your life, even in a pandemic, and that everyday you can be productive and be slowly working towards your goals.

We don't always have the most profound answers, they are often food related with Sam deciding the best thing about the day before was the ice cream Sundae he had for dessert! Nevertheless it does make you see the positive in each day and that can only be a good thing for our mental health :D

If you walk alone you could discuss these questions on your walk by calling a friend or family member and find out about their day, it might spark a conversation you otherwise wouldn't have had.



# BOOK RECOMMENDATION

## Yoga for Everyone by Dianne Bondy – 50 yoga poses for every type of body (£15 on Amazon)

I love this book for so many reasons and have practised lots of the movements and stretches from the book with clients over the past few months.

It is a beautiful collection of yoga poses offering multiple adaptations for each exercise so you can find the option that feels best for your body and your ability.



There is an enormous range of exercises to choose from but you can pick 2 or 3 poses to work on for a few weeks, then over time add exercises into your practice.

No one is shouting at you through YouTube to move faster or hold for longer, you can go at your own pace and ability, even in your holey pyjama bottoms if you fancy!

If you do fancy trying out this book I would highly recommend investing in yoga blocks (around £10 for two on Amazon). I only starting using them last year and have found they have opened up loads of exercises to me and are useful when starting your practise to help build confidence.

There are many benefits to yoga but the biggest changes I have seen with clients are:

- improved body awareness
- improved flexibility
- relaxation
- enjoyment from trying something new and improving week on week

# FOOD NUGGETS

Disclaimer: I am not a registered nutritionist or dietician so I cannot give you personalised nutritional advice. These are my thoughts (or Food Nuggets) from personal experience.

Let's talk about snacks. I'm someone who very quickly gets hangry (hungry/angry) if I don't eat regularly so snacks are an important part of my day. However, I've been getting really bored of my usual go tos.

I put in effort every week to think of new and interesting evening meals to cook but snacks are always an afterthought. If like me, you are getting bored of eating the same dry cereal bar then here are a few snack options for you to consider...

## 1. Hummus and Dips

This one is great because you can make it when you have time and keep it in the fridge for a quick snack.

Hummus ingredients:

1 tin/400g of chickpeas, 80ml olive oil, 2 garlic cloves crushed, juice of 1 lemon, 3 tablespoons of Tahini, 30ml water

Recipe: Rinse the chickpeas under cold water. Pop the chickpeas and oil into a mixing bowl or blender and blitz until almost smooth. Add the remaining ingredients and blend until smooth. (Add more water a little bit at a time if it feels too thick)

Things to dip: carrot, sugar snap peas, pepper, tomatoes, cucumber, pitta bread

## 2. Pizza Toast

Take a slice of bread and toast it. Spread a layer of pesto, cover with thinly sliced tomato and mozzarella (or any cheese you have). Toast under the grill until the cheese melts.

## 2. Banana Muffins

Preheat the oven to 180 degrees.

Mix 2 eggs, 75g butter, 175g sugar, 200g flour,  $\frac{3}{4}$  teaspoon of baking powder and 450g mashed banana (weighed with skins on) in a bowl until combined.

Distribute evenly into 12 muffin cases in a muffin tin.

Place in the oven for 20-25 minutes.

## 4. DATES!

Simple but I always forget about these delicious bad boys! Two of these and I'm rocket fuelled til lunch.

Have a sweet tooth like Sam and I?

Add a handful of white, dark or milk chocolate chips



## FIND OUT MORE

Want to hear more from Poulson Training?

Follow me on facebook @PoulsonTraining and Instagram @PoulsonTraining or visit my website at [www.poulsontraining.co.uk](http://www.poulsontraining.co.uk)

If you have any questions please feel free to email me at [poulsontraining@gmail.com](mailto:poulsontraining@gmail.com) or call me on 07954 059 551.

Is there a health or fitness topic you would love to see covered in February's Newsletter?

Get in touch and let me know!

