

IN A NUTSHELL



WALNUT GROVE CLINIC. Slade Road, Portishead, North Somerset. BS20 6BB
Tel: (01275 818303) Website: www.walnutgroveclinic.com

Volume 11, Issue 4

April 2018

Who's Who?

Osteopathy

Zara Ford
Alex Prince
Kathryn Harper
Steve Harper
Esther Barton
Gemma Sperring
Nora Hilmy

Chinese

Medicine/Acupuncture

Dr Zhang Tong

Holistic Massage

Michelle Jenkins

Sports Massage

Tom Riddell

Physiotherapy

Linda Isaacs
Tanya Hewitt

Hypnotherapy

Gary Condon

Homeopathy

Wendy Heath

Pilates

Justine Blaber
Gemma Hitchins
Rebecca Rock

Suspension Training

Jo Gallagher

Meditation/Mindfulness

Fiona Boag

Sports Medicine Dr

Jonathan Williams

Clinic Manager – Pattie White

Reception - Sheelagh, Sue,
Carole, Alison &
Jane

EXERCISE - a helpful approach

1. Is working out in the morning better for you?

You should exercise at a time that suits you and your body. There's no evidence to suggest that an early morning workout is better for you, but some people are just more efficient at this time. You'll get results regardless of the time of day, as long as it works for you.

Remember in the first hour of waking our brains don't work our bodies so efficiently, so go carefully.

2. Should I approach my sessions with a plan?

Yes. This will help you to get the most out of your workout. Decide what you want to work on, cardiovascular fitness, strength or balance and coordination. Think about the length of time you have and the equipment you might need. With a bit of planning you can just get on with the exercising.

3. Do I need to work out every day?

A good workout week doesn't necessarily mean training every day. Aim for 5 times each week if you can. Try to balance the week with a mix of cardio, HIIT (High Intensity Interval Training), strength and yoga or Pilates.

4. How long do I need to work out for?

This depends on your fitness levels, what type of training you're doing and what intensity you're training at. Just remember, something is always better than nothing. If you only have 30 minutes, try to fit in a quick HIIT workout or go for a run/walk, trot up and down the stairs at work?

5. Do I need to vary my workout to see results?

If you want to see real change in your body you need to mix up your routine. The body quickly adapts to exercise and if you continue to do the same workout or use the same weights, it will plateau as it stops responding to the training stimulus. Increase frequency, intensity or the type of training as often as you can.

6. What type of training do I need to do to lose weight?

Generally, cardio training such as swimming or running will burn the most calories per session. Weight training will help you burn more calories over the course of the day – muscle burns more calories at rest than other tissues, including fat, and therefore speeds up your resting metabolism.

7. What type of training do I need to get stronger?

Strength can mean different things to different people. For some it can mean being able to do one pull up, for others it might be putting shopping in the car, which is why it is important to train for your goals. In order to gain strength in a targeted area, you need to gradually increase your volume (times per week and reps) and the intensity of those sessions. Try setting yourself realistic targets each week so that you have something specific to aim for.

8. How often do I need to rest?

Ensure you have at least one rest day per week to allow your body to regenerate and repair, so you can come back stronger.

Research has shown that exercise can help to reduce stress, improve your self-confidence, alleviate anxiety and improve concentration. Plus, it releases endorphins, which encourage feelings of happiness.

Exercise outside in the fresh air has been shown to be particularly beneficial, so do some of your exercises outside.

Processed Foods

Consumption of ‘ultra-processed foods’ is at a record 50% here in the UK according to a recently published Europe-wide study. The link between consumption of processed foods and obesity was also confirmed.

It’s long been speculated that our consumption of hyper palatable, highly processed foods is in part to blame for the increasing rates of obesity across the UK. Data collected over 17 years from consumer shopping habits in 19 countries across Europe was used to estimate the percentage of processed foods available to each household, with a whopping 50% of the energy from foods we buy in the UK coming from foods that are ‘ultra-processed’.

With obesity being linked to a broad range of health complications including heart disease, joint conditions and cancer, it is vital that we shift our food choices to include more single, natural and unprocessed foods.

Unprocessed or minimally processed foods are the ideal foods that we should be eating more of. These foods exist in nature, such as fruits, vegetables, seeds, salad leaves, legumes, grains, eggs, milk, water, meat, fish and seafood, spices and herbs, and have undergone minimal processing (if any) to extend the life of the food, such as grinding (e.g. seeds), filtering (e.g. water), pasteurisation (e.g. milk), refrigeration or freezing (to maintain freshness) and so on. In other words, these are the foods your grandmother would cook with and eat.

Cooking from scratch can be quite time consuming; however, there are many things out there that make life nice and simple. Kitchen tools such as a blender and a slow cooker can save lots of time. Blend some fresh berries, fresh green leafy vegetables, avocado or coconut oil for healthy fats and – to create a creamy texture – a dollop of fresh natural yoghurt, nuts or protein powder, with some water or milk and you have made a delicious, healthy smoothie for breakfast.

A slow cooker is a convenient way to put together a healthy meal with very little input required other than finding a recipe and buying the ingredients. Slow-cooking a large meal will feed the whole family, or for fewer people, can prepare several meals.

Buying ‘healthy food’ is often considered more expensive than unhealthy foods but this is not always true. Many ultra-processed foods can actually be more expensive than unprocessed or minimally processed foods. Feeding a family at McDonald’s, for example, would cost more than purchasing beef mince, fresh buns, salad and potatoes and preparing your own burger and chips meal. Similarly, buying a ready meal at the supermarket would cost more per serving than buying the raw ingredients and making it yourself.

Even chocolate can be ‘assembled’ at home and may be cheaper per serving than buying an ultra-processed chocolate bar. It should be acknowledged that there is likely to be a higher up-front cost to purchase all of the raw ingredients to make the same foods; you may, for example, need many herbs and spices to make a recipe taste as delicious as a ready meal, but once you have them in the cupboard, you can use them in many meals.

Growing your own food is another cost effective way to eat healthy foods. You don’t have to invest in your own greenhouse – simply growing your own herbs on your windowsill will suffice.

To read the full article, either copy and paste the link below

<https://igennus.com/nutrition-blog/processed-foods-need-know/>

or via our facebook page

facebook.com/Walnutgroveclinic



Rules of Life

On the keyboard of life, always keep one finger on the escape key.
Tell me what you need, and I'll tell you how to get along without it.
You can go anywhere you want if you look serious, wear a white coat and carry a clipboard.
I love deadlines. I especially like the whooshing sound they make as they go flying by.
Last night I lay in bed looking up at the stars in the sky, and I thought to myself, where the heck is the ceiling?
My reality check bounced.
I don't suffer from stress. I am a carrier.



Contact Details

Walnut Grove Clinic

Slade Road, Portishead,
North Somerset. BS20 6BB
Tel: 01275 818303
Fax: 01275 814195

Website:

www.walnutgroveclinic.com

Email:

healthcare@walnutgroveclinic.com

Facebook :

[Facebook.com/walnutgroveclinic](https://facebook.com/walnutgroveclinic)