



Key nutrition

- 1 Healthy carbohydrates: rice, sweet potato, quinoa etc.
- 2 Quality protein: lean chicken, turkey and occasionally red meat
- 3 Fats: nuts such as almonds and Brazil nuts
- 4 Oily fish: salmon, mackerel, herring etc.

Q: Energy drinks are often used to help people stay alert, particularly on shift work. Are there any natural alternatives that can provide the same boost?

A: The key thing to start with is water - being hydrated helps keep your energy levels up. There is a misconception about water as you will often hear people say that you should drink 2 litres per day, but this isn't necessarily the case. Recent studies show there are other things you drink throughout the day such as tea and coffee, which also go towards your water intake. Food also contains water so will form part of your intake and fruit provides a really good boost to your energy levels. Also, the great thing about fruit is that you'll use it as part of energy but it won't take your sugar level up too quickly. The kind of things that hinder people's performances the most are the sugary fizzy drinks and even the energy ones marketed as being 'healthy'. One of the most popular 'energy' drinks has 18 teaspoons of sugar in one bottle - it's obviously not going to do you much good. Your intake also has to be relative to what type of sport or activity you are doing. If someone's running a marathon I would recommend an energy drink, however, for someone who works out in the gym and is burning fewer calories, I would recommend water. Or if they need an energy boost I would suggest a 50/50 mix of pure orange juice and water.

Q: Protein shakes are very popular nowadays. Would you recommend them? And if so, what do you take and when?

A: I do promote the use of protein shakes but it's important not to overdo them as it can mess with your digestive system. I wouldn't suggest relying on these shakes, as it is best to vary your food. On a short-term basis however they can be used as a meal replacement but if you decide to take it every morning for example, add oats and nuts so it becomes a better breakfast and a more complete meal. Ideally, take no more than two shakes maximum per day but again that depends on how many calories you consume in a day and your activity levels.

Q: What advice can you give to people who are looking to lose weight through training as well as maintain fitness?

A: Training type is key here. If someone goes out for a run five or six times a week without any resistance work then they will lose muscle tissue. But if you incorporate a resistance programme, using bodyweight exercises at home such as press-ups and squats or at the gym using equipment like the shoulder press, Olympic lifts, deadlifts etc. along with the cardiovascular exercises, you can get the best of both worlds and drop body fat whilst increasing muscles tissue at the same time.

Q: Are there any health supplements you would recommend?

A: It all depends on what you're looking to achieve but I do recommend taking a multi-vitamin per day. However, if you eat a well balanced diet you probably won't need any extra supplements. If you're trying to increase your weight or burn body-fat, Casein powder (a milk protein) can be taken before you go to bed. This prevents too much protein being lost whilst sleeping as your body goes without food for several hours. I use the Casein with healthy peanut butter, just to add to the extra protein. Branched chain amino acids (BCAA) help the process of building muscles and replace the loss of amino acids from your system. Essential fatty acids are also important and are something that can be taken via supplements or obtained naturally through eating fish. Also, at every meal you should try and have some fat. There is a stigma towards fat and people automatically think it's bad but it's important to have healthy fats in your diet.

Q: What's the 'top-tip' people should try to remember?

A: As a personal trainer, people always tell me what they eat but I guarantee it's never accurate and only half the story. My top tip is simple. Be honest with yourself, work hard and work safe. If you're honest with yourself, the results will come.

Want to know more?
Email Paul at enquiries@bodytransformations.co.uk
or visit www.bodytransformations.co.uk

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Paul Herbert

The food plan

This programme is designed to keep your body on a regular pattern each week even if your shifts change. You can eat these foods at anytime as long as it works with your specific schedule. Don't feel forced to follow conventional eating times, simply view food as what it is... **food**.

All that matters is that your meal has a balance of fats, carbohydrates and proteins that can fuel your body.

BREAKFAST

Mackerel with scrambled eggs and a slice of wholemeal toast **or** Porridge (water or skimmed milk) with a scoop of protein (30g Women/45g Men) with almonds (6-8 Women/ Men 10-12)

GRAZING SNACK

Protein Shake (made with water) with Peanut Butter on a slice of Ryvita

LUNCH

Quinoua or Basmati Rice (Low GI) with any lean turkey or chicken

GRAZING SNACK

Protein bar or cookie (make sure it has < 8.5g sugar per 100g) **or** Rye bread with Quark cheese, lean ham, cucumber and lettuce

DINNER

Any lean meat with half regular serving of sweet potato (low GI) and a large portion of leafy green vegetables

DRINKS

Water (add half a squeezed lemon and a capful of fruit squash to break the monotony).

KEY TIPS

- Preparation is key. If you don't prepare, it is very likely that you'll stray.
- Experiment with different herbs and spices (dry powder) with the lean meat to add variety to your meals.

Image: © Shannon Shaw

THE 30-MINUTE WORKOUT

The workout plan is based on the concept of Peripheral Heart Action (PHA), which was brought into the fore of the exercise world by Bob Gajda (Former Mr America & Mr Universe). PHA works various muscle groups in a single workout. This 30-minute workout programme focuses on the upper body and lower body alternately causing your body to work harder overall.

STRETCHES

Before and after the workout it is important to stretch the upper and lower body; specifically the chest, calf, quads, and back. Always remember to keep your head in line with your spine by looking forward. Tense the abdomen to stabilise your core and have slightly bent knees to take pressure off your joints.

Chest stretch, back stretch, calf stretch and quad stretch

THE WORKOUT

A maximum of five sets for the circuit but you should base it on your fitness levels:

Beginners: 2 sets
Intermediate: 3 sets
Advanced: 4 sets

Depending on your conditioning, rest between each exercise for:

Beginners: 60 seconds
Intermediate: 30 seconds
Advanced: no rest

WARM-UP: Spend a short time warming up and stretching off before beginning any exercise. **Fig 1**

PRESS-UPS: (16-20 reps) Keep head in line with the spine and avoid locking your elbows. Also make sure the stomach is tucked in to stabilise the core. **Fig 2**

SQUATS: (16-20 reps) Make sure that your knees don't go over your toes and lean forward slightly, keeping your back straight while in the seated position. Breath in when you go down and out when you go up. If you want to make the exercise harder you can use dumbbells. **Fig 3**

SPLIT-SQUATS: (16-20 reps each side) Keep the feet stationary throughout the exercise with your front foot flat and back heel up. Back straight with head in line with the spine looking forward. The lower yourself to the floor directly down with your back knee an inch away from the floor. **Fig 4**

PIKE PUSH UP: (16-20 reps) Start in regular press up position and then walk your feet forward until your body forms a V shape. Keep your knees slightly bent and avoid locking your elbows. **Fig 5**

SINGLE ARM ROW: (16-20 reps each side) Both knees are bent but back is flat with a stance similar to cutting a piece of wood on a bench. **Fig 6**

WARM-DOWN: After completing any form of exercise, spend some time cooling down, and doing some light post exercise stretches. **Fig 1**



REMEMBER: If you are carrying an injury, or it has been a long time since you have done any exercise seek medical advice before attempting these exercises.

A shift in the right direction

PERSONAL TRAINER, **PAUL HERBERT**, GIVES US HIS EXPERT GUIDE ON HOW TO DEAL WITH EXERCISE AND NUTRITION WHILST DOING SHIFT WORK.

We all know being a police officer can be a demanding (albeit rewarding) role, but add shift work into the mix and you'll have all sorts of extra pressures. There's the obvious sleep pattern disruption, but what about diet and fitness?

Sometimes coping with actual shift hours can be as difficult, if not more so, than the job at hand. Health and fitness expert Paul Herbert met with NICKED magazine's roaming reporter Brinsley Bailey and shared some advice on diet and fitness and how it can help with the demands of shift work.

PAUL HERBERT

Paul Herbert is a former GB athlete who competed at 800m against the likes of Sebastian Coe, Steve Cram, Steve Ovett and Peter Elliot. At 21 years old, he was UK champion and 25th fastest in the world with a time of 1:45. After a successful athletics career, Paul decided health and fitness was the way to go and he created Body Transformations. His company in Abbots Langley, Hertfordshire works with people from various backgrounds from sedentary to athlete. Some of his high profile clients have included Kym Marsh (*Coronation Street*), Penny Malory (*TV presenter*) and Martin Kove (*Karate Kid*).

PERSONAL TRAINER

Only have a few minutes to spare?
If you're looking for a quick workout, old school bodyweight exercises like press-ups and wall-sits are always good. You can challenge yourself by recording your results and aim to beat the same figure throughout the week, which in itself can become a routine.
It's all about assessing the time you have - if you can only spare **10 minutes** you can still get a real quality workout and it can be done on a daily basis. Even if you can only grab a spare **5 minutes**, at least you're doing something.

Quick tips for the gym

- 1 Always warm up/stretch
- 2 Focus on your breathing
- 3 Be mentally involved in the exercise

Q&A

Q:How important is nutrition in day-to-day life?

A:It's so important because if you're moving around all day you need to supplement those spent calories by putting the right calories back in. Having good balanced nutrition is vital but a lot of people focus on not having too many carbohydrates. If you're active, the most important thing is to have those carbohydrates. I always advise my clients to replace the calories they burn otherwise your body will go into something called ketosis, which creates a sudden drop of energy levels. Making sure nutrition is on point is always the most important thing.

Q:When is the best time to exercise?

A:My clients ask me this question a lot and I always recommended that they should exercise at the best time for them. There's no optimum time to exercise - some people prefer to train in the morning, and some people prefer to train in the evening. You have to know what suits YOU best. If you've just done a long shift, do a 15-minute blast session depending on the type of exercise you prefer. For example, if you prefer running, start with a walk and gradually build into a run and, if you want to, do some light stretches in the middle. If you prefer bodyweight exercises again start slowly and build the intensity gradually.

Q:What are some common mistakes that can hinder your exercise?

A:Not having the correct breathing technique. In order for the blood to go round your system once, it takes roughly 23 seconds and if your breathing goes out of sync this process takes longer. If this occurs then you go into oxygen debt, which causes you to get dizzy, as the blood takes longer to get back to your brain. Keeping the process in sync through a correct breathing technique is very important. Also, it's important when you're exercising to 'be in the moment.' If you're about to perform a squat for example, you should be working on your core muscles that support the movement and you must be 100% focused on making your upper and lower body work together. It's amazing when you walk into a gym and you see people who are not focused on what they are doing. You can tell they're thinking about what's going to be on TV later rather than thinking about the exercise they're doing. I always tell my clients that if they get mentally involved in the exercise, their body shape will change more quickly.

Q:What type of problems does shift work produce?

A:Shift work affects your appetite and when it comes to exercise, this can mean energy levels fluctuate. Often this is based on diet as many people eat the wrong foods on shift work and this has a direct effect on their energy levels. Generally, food grabbed 'on the go' is loaded with carbohydrates and when you eat these foods you become full quickly, but you also become empty really quickly as well. I often encourage people who are on shift work to plan ahead. Preparing nutritious food to take to work means you know what you're going to eat and there's less chance you'll make the decision to eat unhealthy fast food.

With regards to exercise, you need to work out how many times a week you are able to train, what you are going to do in your workout and how much time you have. Remember to factor in cool down time and a shower etc. Be realistic and bear in mind, something is better than nothing!

Q:Which foods should shift workers avoid?

A:We all know the foods we should be avoiding... high fat takeaways, and foods loaded with sugar. I also advise to keep clear of any food high in carbohydrates, and definitely processed foods. Avoid overloading on bread and chips, anything like that will work against you and deplete energy levels rather than lift them. Meal replacement can work, for example: if you like burgers, instead of having a takeaway, plan your meal beforehand and have a Quorn burger with salad on a granary bagel or small wholemeal roll. This way, it's like having a takeaway burger but you're eating a healthier version. Sweet potatoes have a low GI (Glycemic Index) and you can use that to make baked fries which you can reheat at work.

Q:'Grazing' is a term often heard in health and fitness circles. What are the benefits of this technique and can it be applied to shift work?

A:Grazing is when you don't have your main meal but have smaller meals instead as a snack. This method of eating is based around the core meals of breakfast, lunch and dinner and occurs either side of your lunch. For someone who does shift work, grazing is perfect. If you're on a shift pattern that misses breakfast or (other) another key meal, you can graze on fruit, nuts or seeds, which will sustain your energy levels. I encourage people to graze because it allows you to keep energy levels up and stops you from losing the calories you need to sustain a full shift of work. However, avoid grazing on sweets because these will take your sugar level up and reduce your energy level.

