



Welcome to the first edition of Daniels Fitness Group's corporate newsletter. Designed to provide you with information on all health and fitness matters, we hope you will find it interesting and informative...

Fancy a Coffee?

For most of us a few cups of tea or coffee are an integral part of the day, but with the explosion of the coffee shop chain over the last decade a high daily caffeine intake has become a habit which can cause real health concerns.

Caffeine acts as a stimulant and is also known to increase blood pressure in the short term, although there's no conclusive evidence of long-term effects on blood pressure. The effects on blood pressure are most likely when caffeine is taken in excessive quantities or by people who are highly sensitive to it - those who are hypertensive (have high blood pressure) are advised to avoid caffeinated drinks. It is generally agreed that consuming up to 300 mg of caffeine per day is safe.

Women who are pregnant may want to decrease that amount or skip the caffeine altogether. Taking in over 300 mg per day may give you "caffeine jitters", make you irritable, sleepless and may even trigger anxiety and cause diarrhoea. Calculate your daily intake to see if you need to cut down:

- 1 mug of instant coffee: 100mg
- 1 mug of filter coffee: 140mg
- 1 mug of tea: 75mg
- 1 can of cola: 40mg
- 1 can of energy drink: 80mg
- 1 50g bar of plain (dark) chocolate: around 50mg
- 1 50g bar of milk chocolate: around 25mg



Due to its effect of increasing metabolism caffeine is sometimes added as an ingredient to weight loss pills, but in reality the amount of calories that slimming pills containing caffeine would actually burn is very small. Caffeine may also suppress appetite, but without making other changes to your diet and lifestyle caffeine is unlikely to make a significant difference to your weight.

Sell those scales!

Stop obsessing about the figure you see on your scales and start measuring your body mass index (BMI) instead. Body shapes vary so it is more accurate to recommend a weight range, rather than a specific weight for a given height.



Calculate your BMI by following these three simple steps:

1. Work out your height in metres and multiply the figure by itself.
2. Measure your weight in kilograms
3. Divide the weight by the height squared (i.e. the answer to Q1). For example, you might be 1.6m (5ft 3in) tall and weigh 65kg (10st 3lb).

The calculation would then be: $1.6 \times 1.6 = 2.56$.
BMI would be 65 divided by 2.56 = 25.39

BMI will vary slightly according to gender but the healthy range is quoted as 18.5 - 25

Did you know?

That employees who have a poor level of cardiovascular fitness are believed to have two and a half times more sick leave than fit employees?

www.danielsfitnessgroup.co.uk
email: info@danielsfitnessgroup.co.uk
Tel: 01580 200048



Learn something new about...

Energy density

Quite simply energy density is the amount of stored energy in food. Just 1g of fat provides nine calories, which is more than double the calories in 1g of protein or carbohydrate.

This means you can feel fuller on fewer calories if you choose the right foods, and in the long term you're less likely to gain weight.

Gym or Studio?

Whether you prefer to exercise alone or sweat it out in a high energy class research shows that only 25% of people who workout achieve their desired results.

The solution?

Set yourself short and long term goals, train with a friend and don't forget to add some variety to your exercise session...



Build Stronger Lower Legs

Simple, key exercises to help you stay pain free

SEATED CALF RAISE: Target the whole calf area by working the leg with a bent knee. You can do that with seated calf raises using a machine at the gym (or by sitting in a chair, and putting some resistance like a dumbbell on your lap). Raise the weight up to a count of three, but then lower it slowly to a count of five to really work the muscle.

HEEL/TOE WALK: Walk across a room with your forefoot off the ground. Then walk back on your tiptoes. These exercises will strengthen your foot muscles - when these muscles are stronger, they can withstand more stress.

WALL STRETCH: Stand with your hands against a wall with your left foot two to three feet from the wall. Keep your left leg straight, your right leg bent, your feet pointed straight ahead, and heels on the ground. Hold for 10 to 30 seconds, switch legs, repeat two or three times, and switch sides. Try doing the stretch several times a day; stretching only after exercise may not be enough to loosen really tight calves.

FOAM ROLL: Rolling your calf over a foam roller after running can help break up micro adhesions--where muscle tissue sticks to the outer fascia--that cause pain. Sit on the floor with your right calf on the roller. Cross your left leg over your right, resting that ankle on your right shin. With your elbows supporting you, lift your bottom off the floor and shift your body to slowly roll your right calf along the roller. Repeat on your left leg.

SHIN LIFTER: Lie face up on a hamstring curl machine, and place your toes under the footholds. Flex your feet toward you to work the muscles in the front of your lower legs. An at-home alternative: Sit on a chair or the edge of a bed with your feet hanging down, not touching the floor. Put coins in a sock and rest it on the top of your foot. Raise and lower your foot, flexing at the ankle.



www.danielsfitnessgroup.co.uk

email: info@danielsfitnessgroup.co.uk

Tel: 01580 200048