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FitLifeBalance

Bringing Fitness, Health and Wellbeing into your life

Wow!! Where has the time gone?

My newsletter to you is way over due.

I hope that life is treating you well and that you are finding joy in your days.

I am becoming increasingly aware of the lack of time my clients and those around them seem to be facing on a daily basis.

Here are some time saving ways in which you can bring health, wellbeing and vitality into your life

So as to link in with the philosophy of FitLifeBalance, we'll consider your physical, mental and nutritional wellbeing. Remembering... that if we can get some balance in all three areas we'll start to reap the benefits of making healthier choices

If we start feeling good... we find ourselves in the delightful circle of wanting to do more good things, which then make us feel ever better.

So...Exercise

Instead of falling into the myth of the fat-burning zone and spending lengthy periods of time grinding it out on cardiovascular machines, why not consider some HITT training instead... it saves time and burns maximum fat!

HITT training intersperses intense bouts of exercise with periods of rest or low intensity exercise, allowing us to fully recover and work at our maximum potential for the next intense phase.

If you are new to exercise I would only recommend a HITT session when you can



Lisa Fairclough

If you are new to exercise I would only recommend a HIIT session when you can complete a steady cardiovascular session of between 20-30 minutes at 70-85% of your maximum heart rate.

Remember.... you can find out your maximum heart rate by using the following calculation...

$220 - \text{age} = \text{maximum HR}$

When you're all good to go, here's a HIIT session you could try...

60 seconds sprint/fast jog

120 seconds walk/slow jog

REPEAT 5-10 cycles

The better shape you are in, the more intense your session can be and the higher your work to rest ratio can become.

Remember... you can complete a HIIT session with almost any type of cardiovascular exercise, so choose what you think you'll enjoy most and go for it! You're more likely to stick at it if it's something you like.

Next... Mental wellbeing/mind space

Try meditation as a way to help keep you focused on the task in hand and to avoid time-wasting as we let our attention be pulled from pillar to post by every passing thought and distraction.

Meditation really doesn't need to be complicated and there need not be a joss stick in sight if that's your preference... Just close your eyes for two minutes and breath. Take a traditional cross-legged seated posture, or maybe even try lying down if that feels better for you.

I'm pretty confident that after a few weeks of creating this time to meditate you may even find that you start really looking forward to these moments of stillness in your day

Try giving it a go every day for the next month and see how you feel. I'd love to hear your thoughts.

Finally...Nutrition

When it comes to food, it's all too easy for us to reach for the fast, on-the-go option. With just a little planning, this can be a thing of the past.

One simple idea is to cook up double the quantity of your healthy dishes, store them in the freezer for up to a month and you'll be ready for when you need a healthy meal in a hurry. Maybe do this on a day in the week that have a little more free time.

Oh... a great idea for those of you into smoothie making, is to pre-cut and freeze your fruit in individual portions. ready to drop into your blender at a moments notice. This

works particularly well for bananas, pineapple, berries and watermelon. Apples and pears need to be cored, peeled and sliced and then tossed in lemon to prevent browning, but other than that, you're all good to go. This is a great time saving device that has the advantage of chilling your smoothie too.

Foods that are full of nutrition and would be great to have as staples in your cupboard are tinned beans... cannellini, borlotti, kidney ... to name just a few. Dried beans are delicious, but can be incredibly time consuming to soak and cook, meaning that they often lay dormant at the back of our food cupboard.

So... I hope that's given you a little food for thought

Feel free to email me with any specific requests for topics that I cover in my newsletter. I look forward to hearing from you at lisa.fairclough@sky.com

Stay healthy... enjoy your days

Lisa x

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