

# Jersey Together Community Noticeboard

## Adapting to a healthy lifestyle

Jersey-based celebrity trainer **Chloë Bowler** continues her series on wellbeing in lockdown



■ Chloë demonstrates a swimming plank

DURING this time of lockdown and social distancing, everyone has had to get used to a new way of life, that looks like it may be here for some time to come.

Maybe you are out of your office, working from home, your gym is closed or no longer convenient, or your usual healthy lunchtime salad bar is no longer an option.

There have been many changes, and this can sometimes take people out of their comfort zone. It is human nature to enjoy some form of structure and routine, and without the lunchtime gym session written into the diary, it can be easy to let things slide.

The same goes for diet, working from home may mean that healthy salad you often go and get in your lunch break, can turn into an all day fridge-grazing session.

As with all aspects of our coping strategy for living with the threat of coronavirus, we need to adapt. The same goes for our diet and exercise. We are all responsible for our own health and wellbeing, and



we should all do as much as we can to live our healthiest life.

So, instead of letting good habits slide, adapt and make new habits. If you can no longer visit a gym, do a home workout and go for a walk or cycle. Try to get some fresh air everyday, plan it into your schedule if that helps you stick to it, as you would for the gym.

When it comes to diet, it can often help to have a plan. It's like going shopping when you are really hungry. You know that you will put most of the shop in the trolley!

Prepare yourself by having a plan, and you will make better food choices. Even if

it just involves having a list of some healthy breakfasts, healthy lunches and healthy suppers to choose from, make sure you have some quick and easy ingredients in the fridge, so you are not tempted by going for the not so healthy convenience food.

Cook extra for suppers to have for lunches, have healthy snacks available like oatcakes with peanut butter, fruit with hummus and yoghurt. I'm a big fan of breakfast, and really believe that a decent breakfast will set you up for the day energy-wise, and keep your blood sugar levels steady until your next meal.

### Workout (follow along online at [chloebowler.com](http://chloebowler.com))

#### Lunge to squat

Standing tall, step back with the left leg into a lunge position, then return it to feet side by side, going straight into a squat. Then step back with the right leg and repeat. Keep alternating your lunge leg, squatting in between each lunge. Repeat 30 times.

#### Round the clock squat jumps

Go into a squat position, then jump to your left four times to get you back to where you started, so 9am, 6pm, 3pm, 12pm.

Jump as high as you can, and land as low as you can, cushioning your knees as you land.

Next time around, stay as low

as you can in the squat whilst you jump.

Change direction, and jump as high as you can round to the right, then as low as you can round to the left.

#### Lunge kicks

Lunge backwards with your left leg, then as you return to standing, kick your left leg up in the air in front of you. Try not to put it down on the floor in the middle, go straight back down to the lunge position. Repeat eight times, then swap legs and do eight more.

#### Ab twist lunges

Standing up with your hands on your head (this will help keep your shoulders back), lunge forward with left leg, and rotate to the left with your upper body. Step your left leg straight behind into a backward lunge.

This means your right leg will now be in front, so rotate to your right side. Keep lunging forwards and backwards with your left leg (your right foot doesn't leave the floor at all) 12 times. Then repeat the exercise keeping the left foot still, and moving with the right leg 12 times.

**TOP TIP:** The leg that is in front is the side you rotate to.

#### Swimming plank

Lie flat on your front, arms out in front of you. Squeezing your glutes, lift your left leg up behind. At the same time, raise your right arm in front of you and your head. Recruit your back muscles, and glutes to lift your limbs.

Return to lying flat, then lift the right leg and left arm. Keep alternating for a total of 20, holding the last one on each side for five seconds.

#### Side crunches – left

Lie on your left side, legs out straight on top of each other. Crunching up, bring your right leg up and your knee towards you, and try to reach it with your right elbow. Return to lying down, and repeat ten times.

#### Power plank – narrow

On your elbows, come up into a front plank, keeping your hands touching together, your elbows together and your feet together, so you are in a really narrow plank position. Hold for 30 seconds.

**TOP TIP:** If this is too advanced, or puts pressure on

your back, do a half front plank on your knees.

#### Side crunches – right

Lie on your right side, legs out straight on top of each other. Crunching up, bring your left leg up and your knee towards you, and try to reach it with your left elbow. Return to lying down, and repeat ten times.

#### Plank press commandos

In a normal front plank on your elbows, keep your hips level, and keeping in a plank, come up on to your hands. Return to your elbows and repeat six times. Alternate which hand you come up and down with first. Again, if this is too intense, it is still a great exercise when done in a half plank.

#### Stretch, breathe and relax

Relax. Another workout of lengthening, toning and strengthening exercises done. Take some deep breaths in child's pose stretch, then come up into downward dog to stretch the hamstrings and calves. Slowly stand up, rotating the shoulders in slow circles to reset your posture – well done!

### Recipe



### Skinny Carbonara

INGREDIENTS – SERVES 2

- 1 onion
- 2 rashers of bacon
- 200g fresh or dried linguine
- 50g frozen peas
- 2tbsp creme fraiche
- 2 eggs

#### METHOD

1. Boil some water in a large pan and cook the linguine (if cooking fresh it will only take two minutes so be ready to take it out). Just before it is cooked, add the peas, they only take a minute, then drain.

2. In a separate pan, heat some oil and add the bacon, chopped into chunks, and the chopped onion.

3. Place the eggs in a jug, and whisk together with the creme fraiche.

4. Once the bacon is cooked through, tip into the linguine, along with the egg mix, and stir through.

Season and serve.

● Recipe is available to download at [chloebowler.com](http://chloebowler.com).



### Get in touch

■ Do you have news, views or pictures to share? We'd love to hear from you by emailing [together@jerseyeveningpost.com](mailto:together@jerseyeveningpost.com) or calling 61640.

■ Chloë Bowler is a celebrity trainer and worldwide wellbeing expert based in Jersey. Chloë specialises in creating fun and effective workouts, delicious and healthy recipes, looking to help everyone achieve complete wellbeing, including mental as well as physical health.