

Jersey Together Community Noticeboard

Your health is your wealth

In the first of a new weekly series, Jersey resident and celebrity trainer **Chloë Bowler** explains why lockdown is the perfect time to kick-start your fitness and look after your mental wellbeing at the same time



HOW are you surviving lockdown? For some, it is an extremely worrying time, full of anxieties about health, finances and loved ones. For others, it may be a welcome break from work and commitments. One positive from this time is how it is giving us all a chance to reflect and consider how we spend our everyday lives.

The powerful nature of the virus has also taught us what we should have already known, that your health is your wealth. Without good health we have nothing: it is a blessing we should not take for granted, and instead we should all be proactive about looking after our health.

It is very easy in a time like this, when you may not be wearing your tightest clothes or going out to meet friends, to neglect your health. But really this is the perfect time to kickstart your fitness and look after your mental wellbeing at the same time.

Invest now in your health and fitness and by the time we are all out socialising again you will look and feel fantastic. Taking part in some exercise and eating nutritious food is proven to help:

- Control your weight.
- Strengthen the body.
- Boost your mood.

Your home is already the perfect gym – you don't need lots of space or any special equipment.

I train clients in their homes with just enough room for a mat, and find things around the house to use. Twenty minutes is all you need, and I promise you will feel better for it. Commit to my 20-minute workouts, three times a week, and it can be life-changing.

Your kickstart body and mind home workout

Me time!

At the beginning of your workout, lie on the floor with your eyes shut, place your hands across your tummy with your fingertips touching and take ten slow, deep breaths, each time filling your diaphragm so your fingertips part, and then as you exhale bring your fingers together again. Tell yourself that you are feeling excited about this workout. You are taking 20 minutes to improve your health and fitness, and feel mentally positive and calm.

■ Power Up! Squat to tip toes

Standing feet hip-width apart keep your back straight and slowly bend your legs (make sure your knees stay behind your toes) into a squat position. Keep your head up and look straight ahead, then return to standing and straight up on to your tiptoes. Engage your core muscles to keep your balance. Repeat, swinging your arms forwards as you squat down and backwards as you raise up on to your toes. x30.

■ Toned Leg Toe Taps

Lie on your back with feet in table-top position (90-degree angle at hips and knees). Keep your back on the floor, breathe out, and slowly extend one leg away to tap the ground with your feet. The straighter you can get your leg the better, but protect your back. Breathe in and return the leg to table-top position. When both legs are back in table-top position, lengthen and tap the other leg. Alternating legs, repeat for 20.

■ Core Crunch

Lying on your back, with legs out straight on the floor, crunch up to sitting and kick your left leg up (keeping it as straight as possible). Clap behind this leg (aim to get your nose to your knee), then return to lying down. Repeat the crunch, kicking up the right leg and continue to alternate legs for a total of 20.

■ Left Side Power Plank

Lying on your left-hand side, place your feet on top of each other, and pull yourself up in a straight line so your weight is on your left elbow and foot. Hold this position (don't let the hips drop) for ten seconds. If this is easy, aim for 30 seconds, or one minute. (Beginner's tip: Start by holding the plank with your knees on the floor as well as your feet).

■ Strong Superman

On hands and knees, extend your left arm out in front of you, and your right leg out behind you. Find your balance and hold for ten seconds. Slowly bring in the left hand and right knee to meet under your chest then extend again. Repeat x 10 then swap to right arm and left leg for ten. (Tip: If you struggle to meet your hand and knee under your chest, holding the extension is great for balance, so stick to that for a while).

■ Right Side Power Plank

Lying on your right-hand side, place your feet on top of each other, and pull yourself up in a straight line so your weight is on your right elbow and foot. Hold this position (don't let the hips drop) for 10, 30 or 60 seconds.

■ And Relax

Sit back into child's pose (kneeling on floor resting back on heels, head down on the floor with arms stretched out in front of you), take a few deep breaths and stretch. Feel good that you have achieved your workout for today.

● Go to chloeowler.com to watch this work-out online. 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.

RECIPE

■ Energy and Mood Boosting

Chicken Satay Noodles

Really quick, super easy, and as long as you like nuts, all the family will devour it. If you don't have noodles in the house, it works just as well with rice. Spinach is a nutrient powerhouse, with plenty of immunity-boosting vitamin C – just what we all need right now. Chicken is a wonderfully lean source of protein and also contains the amazing mood-boosting choline. Peanuts contain the good fats we need as well as upping your energy levels with magnesium.



Serves 4

Ingredients

- 1 onion
- 2 cloves of garlic
- ¼ red chilli
- 400g diced chicken breast
- 4 tbsp crunchy peanut butter
- 200g spinach (or any leafy greens)
- 200g egg noodles

Method

Chop the onion, garlic and chilli and add to a pan with some oil.

Add the diced chicken and stir until the chicken is cooked through.

At the same time mix 300ml boiling water with the peanut butter in a jug.

Once the chicken is cooked through, stir in the egg noodles and spinach. These will cook very quickly.

Finally, pour in the peanut butter and water mixture and stir well.

Season and serve.

Tip: Try to buy local, Jersey spinach, or if you prefer, kale and broccoli work perfectly with this recipe.

If you have room, kale, spinach and broccoli are all easy vegetables to grow in your garden. For indoors, try growing your own chilli plant, they are easy to look after, just keep them by a window and don't over-water them.

● For more easy lockdown recipes go to chloeowler.com.