

The Weekend Wellbeing

Get fit around the house

Jersey-based celebrity trainer **Chloë Bowler** offers her expert fitness advice for getting in shape for the festive season...

If you are spending more time at home at the moment, you will very likely be more sedentary. As well as a lack of cardiovascular exercise, this can really take its toll on your mobility. By making small changes in the way you go about everyday activities, you can really help your muscle tone, posture and general fitness.

A great example is how you get up from a chair. You probably don't ever think about it – you just stand up. However, it is all too easy to use your hands to push up off the chair, even if you don't need to. It

can become a habit, so if you are able to stand up without relying on your upper body strength, do try to do this. The same goes for getting out of bed. It is easy to push yourself up with your hands, but try not to rely on this, and test your core strength by sitting up and swinging your legs out over the side of the bed.

The same goes for climbing stairs. If you don't need to hold the banister, try to use your leg and core muscles to hold yourself in a strong position and push up through the legs on each step. Walking upstairs two steps at a time becomes a huge exercise which is amazing for legs and glutes.

By making small changes like this, you will not let some muscles become weak and keep a more balanced body. If you can get into good habits now, you will stay stronger for longer.

Christmas Core Crunch

It's December. It may not be the month for partying this year, but it is usually a time of over-indulgence. Let's keep our tummies in check and our abs strong with this easy-to-follow core workout.

Start by lying on your back with your legs straight on the floor. Take ten deep breaths.

■ Curl-ups

Raise your arms up above your chest and bend your knees keeping your feet on the floor. Slowly curl up and touch your knees with your hands. Breathe out as you curl up and then breathe in as you return to the ground. Repeat this 20 times.

■ Toe taps

Lie on your back with your knees in table top position (90° angles at hips and knees). Breathe out, and keeping your back on the floor, tap one foot on the floor, then return it to tabletop position. Alternate legs and repeat 20 times. The further you tap your toe away from you the more your abs will work. Just make sure your back remains comfortable.

■ All-body crunches

Lying on your back with legs straight, slowly bend your knee and scrape one foot along the floor towards you. As you do this, crunch up and reach with your arms to clap behind the bent leg. As you lie

down, scrape your foot back out so your legs are straight on the floor. Alternate your legs and repeat 20 times.

■ Side crunches – left

Lie on your left side with your legs straight out on top of each other. Place your left arm out on the floor at 90° from your body. Keep your right hand on your head, and crunch up, turning right towards your legs. At the same time, lift your right leg, bend it and reach with your right arm towards your right knee. Return to lying down then repeat 20 times.

■ Half-plank commandos

On all fours, lift your feet off the floor and lean forward so that your body is in a straight line from your shoulders to your knees. Breathe steadily, and keeping your body straight, drop to your elbows then push back up onto your hands. Alternate which hand you go up and down on, and repeat eight times.

■ Side crunches – right

Lie on your right side with your legs straight out on top of each other. Place your right arm out on the floor at 90° from



■ Toe taps are a great way to strengthen your core Picture: NATHAN GALLAGHER



■ Chloë Bowler is a wellbeing expert Picture: ROB CURRIE (23747673)

your body. Keep your left hand on your head, and crunch up, turning left towards your legs. At the same time, lift your left leg, bend it and reach with your left arm towards your left knee. Return to lying down then repeat 20 times.

■ Grab a plank (half plank or full plank)

Grab two socks or anything you can pick up. Come into your plank position with the socks in between your hands. Pick up one sock with your right hand and place it by your left elbow. Pick up the other sock with your left hand and place it by your right elbow. Keeping your hips level, reach with your right hand to grab the sock by your left elbow, and vice versa. Repeat for ten sets. Try to keep your body stable so that it's not rocking from side to side.

● To follow along at home to my workout videos, go to chloebowler.com

Time to stock up

We are living in uncertain times. As Covid-19 case numbers increase and more safety measures come our way, many of us are staying at home, and may be reluctant to eat out or even to visit the supermarket as often as usual. There are plenty of home-delivery services available that offer fresh produce – so you can still enjoy a balanced and nutritional diet.

This is a really good time to make sure your kitchen is really well stocked with essential ingredients that have a long shelf life. Invest in some airtight jars, and you can fill these with all sorts of grains. Not just rice and pasta, but quinoa, bulgur wheat and lentils are great staples that are really easy to cook. Arborio rice is also top of the list to make delicious risottos.

Pea and feta risotto



Ingredients:

- 100g feta
- 100g Arborio rice
- 1 onion
- 1 glass of white wine
- 50g frozen peas
- 500ml vegetable stock
- Handful of seeds

Method:

1. Start by chopping the onion and softening it in some hot oil in a large pan.

2. Meanwhile, boil some water and make up some stock.
3. Once the onions are softened, add the rice and the wine.
4. Stir the rice really well so it is coated with oil and onions.
5. Very slowly and gradually, add the stock little by little, stirring well to allow the rice to absorb the stock.
6. When the rice is cooked, add the peas.
7. Remove from the heat and then crumble feta into the risotto.
8. Season well, sprinkle with seeds and serve.

Risotto is a great meal that can be made with cupboard and freezer foods.

Ensure you have some good stock cubes or bases that can be kept on hand to use. These are great for cooking grains, as well as making soups and gravies. I would also recommend a variety of dried herbs and spices. Don't be afraid to try new spices. Chilli flakes can live up any dish; cumin and curry powder can make bland rice a fragrant kedgeree, and cinnamon is an amazing addition to fruit and yoghurt.

Keep flour, sugar and baking powder so you can bake bread, pancakes and cake. These are simple to bake, so don't be scared if you're not Bake-Off ready.

I would always suggest keeping some essentials in your freezer, like bread and vegetables. You can whizz up a pea soup in ten minutes with your stock and frozen peas. Vegetable risotto is a delicious and

filling family meal that doesn't have to be full of expensive ingredients.

If you have some really ripe bananas, these are great for making banana bread. To keep these bananas to use later, chop them up and pop them into a container in the freezer. Little things like this can save food as well as cut down on trips to the shops.

● Chloë Bowler is a celebrity trainer and worldwide wellbeing expert based in Jersey. She specialises in creating fun and effective workouts, delicious and healthy recipes and hopes to help everyone look after both their mental and physical health, so they can achieve complete wellbeing.

Chloë also prepares and delivers fresh, home-cooked family-favourite meals including lasagne, cottage pie and fish pie. To order, get in touch by emailing chloe@chloebowler.com.



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