

Jersey Together Community Noticeboard

'Never think of becoming healthier as restrictive'

Lockdown has inspired many Islanders to take a closer look at both their physical and mental health. In her latest feature, Jersey-based celebrity trainer and wellbeing expert **Chloe Bowler** says exercise and nutrition can play a big part in mental wellbeing



Looking after your mental health

PEOPLE get into exercise and sports for many different reasons, maybe through school, a love of sport, or to lose weight. Whatever the reason, we can all agree that exercise makes us feel better. Not just physically stronger and fitter, but mentally strong and alert, with a positive state of mind.

Exercise has proven benefits to mental health, everyone has heard of those feel-good endorphins that are released through exercise. Even if you haven't exercised for a long time, the chances are that you will remember experiencing that exercise 'high' at some point.

The hardest part about returning to exercise is getting started. It's overcoming that mental barrier that 'it's going to be hard', or 'I don't want anyone to see me'. As soon as you actually get started, you're on your way to better health, fitness and mental wellbeing.

Nutrition, as well as exercise, plays such a huge part in mental wellbeing. We all have our 'naughty' foods, and I think we should all enjoy foods that we want to. However, we also know that if we survive on a bad diet of unhealthy foods, we begin to feel slow, sluggish, and, despite the calories, lacking in energy.

I would really encourage everyone to try to do the best for your body and mind. Feed yourself with good nutrition. Never think of becoming healthier as restrictive, it doesn't have to be.

Instead of concentrating on removing negative from your diet, think of it as adding goodness into your diet. Start making a conscious effort to include healthy and nutritious foods into all your meals, some lean protein, some colourful vegetables, and some complex carbohydrates.

Drink more water, and do a little exercise. Walking is amazing exercise, so make the most of your time outdoors and go for a walk. When inside do some home workouts – like today's workout below. You don't need any equipment, it will take less than 20 minutes, and you will feel better for it.

Be kind too, and look after your physical health and mental wellbeing. Diet and exercise are two things that can help you succeed in this, and we have the opportunity to improve them every day!

Recipe

Salmon Teriyaki

INGREDIENTS – SERVES 2

- 2 salmon fillets
- 2 garlic cloves
- ½ red chilli
- 1 cabbage
- 2tbsp honey
- 2tbsp soy sauce
- 2 spring onions
- Small bunch of coriander
- 1 lime to serve

Salmon is a wonder food, it is full of all the good omega fats as well as an array of vitamins, and is great for heart health and blood pressure. Because it is packed full of flavour, it is also really easy to cook. I love to pair salmon teriyaki with crunchy, shredded cabbage. Cabbage is so underrated, but is packed full of vitamins and fibre, and is really delicious.

1. Start by heating some oil in a frying pan.
 2. When the oil is hot, place the salmon skin-side down.
 3. Meanwhile, shred some cabbage. This can either be steamed or for added crunch, stir fry it with the salmon.
 4. Chop the garlic and chilli, and add to the pan.
 5. When the salmon is nearly cooked, drizzle over the honey and soy sauce, until it forms a glaze.
 6. Arrange the cabbage on a plate, place the salmon on top, spooning over any leftover glaze.
 7. Sprinkle with extra chilli, the spring onion and coriander, and some sesame seeds.
- Enjoy!

TOP TIP: If you turn the salmon just before it is done, it won't burn but will suck up the glaze to give it a nice colour, and depth of flavour.

● 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.



Workout

START by lying on the floor and taking some deep breaths. Clear your mind of the day's stresses, and just concentrate on your breathing, feeling calm, and ready to go.

Curl-up leg extensions

With legs out flat on the ground, slowly curl all the way up to sitting. When you get to the top slowly lift your left leg up 45 degrees off the ground (toes pointed), touch your leg with both hands, then return it to the ground and lie back down. On your next curl up lift your right leg and do the same. Alternate slowly for 20.

TOP TIP: If you can't curl all the way up, get yourself up with your hands, and concentrate on the curl back down.

Waist trimmer side to sides

Lying on your back bring your knees up into tabletop position, with arms straight up over your chest. Keep a right angle at the knees and hips and slowly move both legs

over to one side until they are almost on the floor. Using your obliques (sides of your tummy) bring your legs back to the centre, then over on to the other side. Bring them back to the middle and repeat on alternate sides for 20.

Climbing up the legs

Lying on your back with legs bent, feet on floor. Lift your left leg up and straighten it (keep the knees level) and then slowly curl up, climbing up the left leg with both hands for one (left hand), two (right hand), three, four, reaching higher up the leg each time. Aim to get your nose near your knee. Climb back down the leg until you are lying down again. Repeat eight times then swap legs.

Lean leg kicks

Start with feet in tabletop position. Curl up (not too far, just head and shoulders off the ground), extend both legs straight if you can. If this hurts your back, keep your hands on the floor and slightly bend your legs. Kick both legs up and down for 30 seconds.

Ab scissor kicks

Start with feet in tabletop position. Curl up slightly, extend both legs, and keeping them straight cross one on top of the other, and then below the other, so they are moving all the time from left to right in a scissor shape. Repeat 30 times.

Power plank – left side thread-throughs

On your left side, resting on your elbow, come up into side plank, raising your right arm above you. Once up, slowly turn your upper body, and thread your right arm under your chest. Return to side plank position and repeat ten times.

TOP TIP: To make this easier, you can hold the side plank on your knees. To make it harder lift your right leg every time you return to side plank, arm up position.

Front plank – spiderman

In a front plank on your hands, keep your upper body still, and take your left knee to your left elbow. Alternate with your right knee to right elbow and repeat 12 times.

Power plank – right side thread-throughs

As above, on your right side.

Front plank – diagonal spiderman

In a front plank on your hands, keep your upper body still, and take your left knee underneath you towards your right elbow. Alternate by bringing your right knee towards your left elbow. Repeat 12 times.

Rest up!

Sit back on your knees into child's pose and take some really slow, deep breaths.

Come up onto all fours and slowly thread your left arm under your chest and out to the right. Reach with it and hold so you get a nice back stretch for ten seconds. Repeat on the other arm.

● Follow this workout online at chloeowler.com.



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