

The Weekend Wellbeing

Tips on filling your plate with healthy goodness

Personal trainer and nutritional therapist **Chloë Bowler** offers advice on eating only the healthiest – and the tastiest – fruits and vegetables

WHEN people think about good nutrition, a lot of the focus can be on the macronutrients: how much we should be eating in terms of carbohydrates, protein and fat.

Although this is an important part of a good diet, I am a firm believer in trying to keep things simple for everyone. And so, rather than spending hours working out exact calories and macronutrients, I often prefer to look at portion size with clients and then help them to fill their plates with goodness.

What I mean by this is that a good diet doesn't have to be scary or time-consuming, and it doesn't have to involve counting and/or banned foods. Rather, it is more about learning what good sources of nutrition are and including them more often in your meals.

A lot of my clients are amazed that they are eating more than they did before, and yet still getting the results they want. This is all due to the type of food they are putting on their plate.

Natural, organic whole foods will offer an abundance of nutrition and, therefore, they can be eaten in larger portions.

By contrast, man-made packaged foods are often filled with extra chemicals, preservatives and thick sauces, and so, by avoiding these types of foods, you are avoiding unwanted ingredients and calories.

As well as having plenty of grains, protein and fat in your diet, it is also important to eat plenty of vegetables as



■ A selection of nutrition-filled vegetables

they are amazing and a fantastic way to make any dish more interesting, while also adding vitamins and minerals to your plate.

Different coloured vegetables point to different qualities, so dark, leafy vegetables – such as spinach and kale often contain more calcium and iron, whereas brightly coloured vegetables contain more vitamin A and vitamin C, as well as potassium. When you cook peppers (which are technically a fruit)

they do lose a little of their vitamin C content, but I think they taste better with a crunch anyway, so cook lightly, if at all.

Vegetables are naturally low in calories and so there is really no good reason not to eat lots of them. Choose a good source of carbohydrate, like rice, quinoa or couscous, and a protein like chicken or salmon, and then fill your plates with an array of vegetables. You will have yourself a balanced meal and a full plate to enjoy.

Beach workout

During the summer holidays we will hopefully all be spending lots of time on the beach.

The beach is a great place for a workout because it offers a fantastic view, as well as a naturally challenging terrain. Sand is a lot harder to walk, run and even balance on, and so it can make a workout a lot more effective if done correctly.

1) Lunge walk
Stand up tall and lunge forward with your left leg. At the bottom, your legs should be at right angles at the knee. Stand up lifting your right leg and step straight through into another lunge with your right foot forward. Repeat walking along with your lunges in a straight line for 12.

2) Wide squats
Stand with feet wide apart and slightly pointing outwards (10am and 2pm). Keep your back straight and looking up, slowly squat down and then stand back up again. Repeat x 20.

3) Lunge walk with leg lift
As above, walk in a straight line lunging for each step. This time when you lunge down, stay as low as you can to the ground and lift your back foot off the ground for a second and then down again. The idea is to stay in the low position, so don't let your body lean forward, or your legs to come up high, just tap the toe at the back before moving through to the next lunge. Repeat x 12.

4) Wide tiptoe squats
As above, stand tall with your feet wide apart and facing outwards. As you squat down, lift your heels so at the bottom you are balancing on the balls of your feet. As you stand back up, place your heels back on the ground. Keep your back straight and your head up. Repeat x 20.

5) Curtsey squats
This is fantastic on the beach, as you really have to use your core to hold you steady. Stand with feet hip-width apart



■ Chloë Bowler demonstrating 'front plank superman' which is one of the positions in this month's workout Picture: DAVID FERGUSON (33773002)

and back straight. Lift your left leg and lunge back and right so when you are low, your left foot is right of your right foot, like a curtsy position. Return your left leg to its original position, perform a squat, and then repeat on the other side, lifting your right leg and placing it behind and to the left of your left foot. Repeat with a squat in between each curtsy for a total of 20.

6) Front plank superman
Come up into a front plank on hands and feet. Lift your left arm out in front of you and your right leg out behind you.

Keep them both straight and slowly touch the ground with them at the same time and then lift them back up again. Don't let the knees bend. Repeat x 10 then swap sides for ten.

7) Rotating side plank
Start in a left side plank on your elbow with feet on top of each other. Hold for two seconds, and then without letting your body touch the ground, rotate down into a front plank on both elbows. Hold for two seconds and then rotate up into a side plank on your right elbow. Hold for two seconds and then rotate back into front

plank and up into left side plank and so on for a total of ten side planks on each side, so 20 in total.

8) Walking front plank
Come up into a front plank on your hands and feet. Keep a straight line from your shoulders to your feet. Slowly (taking small steps) take ten steps to the left, moving both hands and feet so you stay facing the same direction. Rest if you need to and then take ten steps to the right.
Repeat again with ten to the left, ten to the right.

Chloë Bowler is a celebrity personal trainer and nutritional therapist based in Jersey. She specialises in creating fun and effective workouts, delicious and healthy recipes, and helping people to look after both their mental and physical health, to achieve complete wellbeing.

Chloë also prepares and delivers healthy, fresh, home cooked family favourite meals.
To order, get in touch at chloe@chloebowler.com, or visit chloebowler.com for more details



■ Chloë Bowler exercising at Long Beach: 'The beach offers a naturally challenging terrain for a workout' Picture: DAVID FERGUSON (33773047)

Fajita chicken – recipe

For ease and popularity, fajitas are a great recipe for a mid-week supper. They're great with a wrap, but I also love to serve this dish with lots of little gem lettuce leaves.

Equally, this is a great recipe on its own, as it has plenty of vegetables in it already (the leftovers are fantastic for the next day's lunchbox so don't be afraid to make extra).

What I love about this recipe is the vibrant colours that the peppers give. Bright colours are usually a good sign in food, and the natural red and yellow of the peppers show off the antioxidants they contain.

They are also a great source of vitamin C. I love red onion – it really lifts any dish – and I barely cook mine in this recipe, so it still has a lovely crunch to it.

This is one of those recipes where you can incorporate any vegetables you want, so if you prefer to use tenderstem broccoli, courgette or lots of lettuce and cucumber, then feel free. It will work equally as well.

Spice is personal, so I always recommend keeping a little crème fraîche in the fridge, and that way you can adjust the flavour as need be. Explore and have fun with it.

INGREDIENTS
(serves two)
2 chicken breasts
1 red onion
1 red pepper
1 yellow pepper
100g green beans
2 spring onions
1 tbsp cumin
1 tbsp smoked paprika
1 tbsp soy sauce
1 tbsp dried coriander

METHOD
1) Start by cutting the chicken breasts into thin strips, and then place the chicken in a pan of hot oil.
2) While the chicken is cooking, slice your peppers and onions into strips, and your spring onion into slices.
3) When the chicken is just cooked, add the spices and stir well.
4) Add all the vegetables, soy sauce and stir through.
5) Check the taste and add more spice if required.
6) As soon as the vegetables are 'al dente' pour all the ingredients out into a bowl.



7) Serve with a little yoghurt or crème fraîche.

■ You can watch Chloë cooking recipes on her Instagram TV at [chloe.bowler](https://www.instagram.com/chloe.bowler)