



Get fit with HIIT with Emma

Emma Naylor, FAA at Uckfield, is offering free High Intensity Interval Training (HIIT) sessions via Zoom for colleagues of all athletic abilities.

It's estimated that 30% people worldwide don't get enough physical activity and often the main reason is not having enough time. If the same is true for you, then HIIT could be just the answer, giving you maximum health benefits in minimal time. I personally love HIIT and find it slots into my daily routine perfectly to kick start my day.

Workouts involve short periods of intense exercise alternated with recovery periods and last typically between 10 – 30 minutes. Benefits include high calorie burn in a short

space of time and increased metabolic rate for prolonged period post-workout. It can help you lose fat and gain muscle and can reduce heart rate and blood pressure.

Emma's sessions will run Tuesday and Thursday at 5.30pm for 30 minutes.

To join the Zoom meeting:

<https://us04web.zoom.us/j/4209030864?pwd=RCtPVU80N0d3c2dsV29FOHdISklYQT09>

Meeting ID: 420 903 0864

Password: 0QcRLw

For more information please contact Emma at: Emma.Naylor@cpjfield.co.uk

Quarantini time!

The Pigtini



This is more of a dessert than a drink, but so good! It can also be made into a mocktail for kids.

Add to a blender 4-5 strawberries, 2 scoops of vanilla ice cream, 1 handful of ice, 1 tablespoon of Percy Pig syrup (from M&S), 2 shots of Tequila Rose (optional). Blend. Decorate the glass with the sauce, pour and garnish.

from Michelle Thorn

Cholesterol beating tips from Elaine

Everyone has good and bad cholesterol. Some of us are more prone to having high cholesterol than others, myself included; it is usually hereditary. Some lucky individuals can eat calorific, fattening foods and have very low levels of bad cholesterol in their bloodstream.

High cholesterol can cause heart problems and clogged up arteries in later life, so it's advisable to ask your doctor for a cholesterol check once every couple of years. Cholesterol levels should be under 5.0 ideally.

Try these foods to boost good cholesterol easily in your diet:

Oats/porridge. Check the ingredients as some brands are full of sugar and salt, especially the flavoured varieties. I always look for brands that contain flaxseed, quinoa and barley which are all good for your indigestion as well as hair and skin.

Avocados contain good fats. I would recommend no more than half an avocado a day.

Oily fish are another good source to help lower levels, best eaten twice a week.

Nuts, especially almonds and walnuts which have natural oils and again are great for your skin.

Dark chocolate, minimum cocoa content of 70% can be good too, but in moderation!

Exercise is also essential for keeping your cholesterol levels low, especially cardio exercise to get the heart pumping – like Emma's HIIT! Eat lots of dark leafy

vegetables and brightly-coloured fruit and vegetables which are also great for lowering bad fats.

Reduce foods such as processed meats like bacon, salami, sausages; cakes, chocolate, crisps, fizzy drinks – all the naughty stuff that we all love. Moderate how much you eat of these.

Easy fish pâté Whizz up some fresh mackerel strips/fillets, crème fraîche (reduced fat if possible), an avocado, some black pepper and add some chilli seeds for a bit of heat – it comes out like a pâté and lovely on toast or rice cakes. I can't stop eating the stuff! You can use other fish too such as cooked salmon or cod if you're not keen on 'fishy' fish.

Pea dip Whizz up some defrosted frozen peas, avocado, crème fraîche, garlic, some lemon juice and a couple of sprigs of fresh mint which goes lovely with salads, chicken etc.



"It's healthy to admit you're not ok. 'It's ok not to be ok', it's brave. But don't let it win. Be sad. Have your moment, your day or week. Then do something about it and be happy. For yourself." **Jessie J**

"Today, give yourself permission to be outrageously kind, irrationally warm, improbably generous. I promise it will be a blast." *Sasha Dicter*

Sensational Sourdough!

A couple of weeks ago I talked about the rise in social media 'over achievers'; those who have taken lockdown to a new level, learning new skills, redecorating the house etc, and to those few, I salute you. I'm happy to admit I've failed miserably so far, focusing on just getting by. There is one thing however I'm determined to master by the end of the month and I thought I'd share the challenge with you...it's the sourdough starter. Who knew baking a loaf of bread could be so involved? It transpires it's a combination of cooking and gardening, as you cultivate your 'starter' over a period of weeks, nurturing it, feeding it and watching it grow. Then, when it's peaked in perfection, it will provide with you the basis of a glorious golden loaf.

So involved the process is, BBC Good Food are running an online course. For those wanting to get that involved the details are here: <https://www.learningwithexperts.com/foodanddrink/courses/bbc-good-food-sourdough>

For others willing to have a bash themselves, follow this link to be inspired: https://www.bbc.co.uk/food/recipes/sourdough_starter_22976

Good luck and I look forward to being bombarded with images of perfect golden loaves once you've mastered the starter... here's hoping I get across the start line with this one!



Quarantine Questions

with Emma Symons

As lockdown and social distancing continue, albeit with some changes, these new rules and routines can be confusing and, for some, the thought of getting back to normal can cause stress and anxiety. When we live in fear we can become irrational and this raises our stress levels and can cause no end of health problems.

This week I thought I would give you a set of five questions to ask yourself daily to try and bring down those stress levels and refocus the mind.

1. What am I grateful for today?

Take two minutes every day to make a list of things, big and small, that you are grateful for in your life. Add to it throughout the day.

2. Who am I checking in on or connecting with today?

Really, 'social distancing' needs renaming to 'social solidarity'. We should be socially solid while physically distancing. Pick three people to check in with each day. Call your grandparents, Facetime your parents, text friends or extended family (but not your ex!), check on your neighbours.

3. What expectations of 'normal' am I letting go of today?

With our lives being turned upside down and nothing being as it was, it's important to let go of what used to be normal. It's OK if you didn't clear your inbox by the end of the day, it's OK if the kids didn't learn anything today, as long as they made it to bedtime still alive and loved. Work out what is important to you in this moment and focus on that. The faster we let go of expectations of 'normal' the faster we will adapt.

4. How am I getting outside today?

Nature, fresh air, and sunshine are really good for our nervous systems, helping us to destress. How can you spend 10 minutes outside today? Sit in the sun while you have a cup of tea and if you can't physically get outside try to open a window wide and let the fresh air in.

5. How am I moving my body today?

Any kind of crisis heightens fear and anxiety. If we can shift out of our heads and into our bodies, the calmer and more grounded we will feel. Take a 10 minute stroll around the block, run up and down stairs, do five push ups, even running around or dancing with the children can help.

I hope these will be useful for you and, as always, do let me know how you are putting these into practise.

