

SpikeFitness

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19th Feb 23

Staying on track at weekends

Why do the weekends play us like this?

We stay on track all week, prepare our lunches, eat our breakfast, come home to the meal we had organised, then Friday night hits us with - oooohh relax, unwind, and chill!

If we look at it logically it makes sense, with (appreciate typically) working Monday to Friday the sense of relief towards the end of the week, coupled with the chance to relax goes hand in hand with loosening of the rules.

Thinking back over the last couple of editions of the newsletter, we looked at how to balance calories and creating a calorie deficit.

One of the key takeaways (hehe pun) is that building some flexibility in is fundamental in creating a good relationship with food, one where we acknowledge the need to control, but aren't so restrictive that we become a 'rule breaker'.

Consider it like the days we go to train, some of them are golden and it feels like the blood of unicorn is running through your veins, others may be less unicorn! - what we do is work around and keep everything moving.

This is all about you, knowing how we react and how we manage our relationship with food can offer up a great guide to how best to frame the weekend. For some staying on track and being regimented helps, whether that's to stop straying off piste, or because a consistent style works better for you, awesome, go for it.

Likewise, if the thought of being regimented fills you with dread, maybe a little bit of calorie cycling could help, and there are many ways to achieve this, recipes that offer up similar taste and style with a few less calories or having a different breakfast etc can be good tools to have in the box.

Staying on track at weekends

Other weekend activities can help, walking is so underrated that I've been known to have a little rant every now and then!

Do a little home workout, then treat yourself to a longer soak in the bath.

Increase your water intake, sometimes we aren't hungry just thirsty - whilst on that note, if we do feel hungry ask yourself if you would eat an apple (or another fruit) it's a good double check of actually being hungry.

Plan your evening meals out, again these can be something different to our weekday choices, maybe something a little more flamboyant, just with you in control and hopefully not on the phone to the takeaway....

So in short, we want to create a good relationship with food, having some of the 'bad' foods every now and again really isn't a problem, having them regularly perhaps a little more so.

Being regimented also isn't a problem, provided it suits you.

Finding the right balance for you may take a little bit of time, it is worth it - Rome wasn't built in a day after all.

Stuck for ideas? - if you have any questions or would like some help speak to a member of Team SF on info@spikefitness.co.uk or 07597215652.

Breakfast hash with poached egg

Ingredients

New potatoes, raw 250 g, halved

Calorie controlled cooking spray 4 spray(s)

Bacon medallions, raw 150 g, trimmed of all fat and roughly chopped

Red onion(s) 1 small, sliced

Mushrooms 200 g, sliced

Cherry Tomatoes 200 g, larger ones halved

Wholegrain Mustard 2 teaspoons, level

Parsley, fresh 1 teaspoons, chopped

Egg, whole, raw 4 medium, raw

Instructions

1. Put the potatoes in a large pan, cover with cold water and bring to the boil. Simmer for 15 minutes, then drain well and set aside.

2. Mist a large nonstick frying pan with cooking spray, add the bacon and cook for 5 minutes. Remove and set aside.

3. Mist the pan again, add the onion and potatoes, then cook for 5 minutes. Add the mushrooms and tomatoes, and cook for another 5 minutes. Season and stir in the mustard, half the parsley and the cooked bacon.

4. Meanwhile, crack the eggs into a pan of simmering water and poach for about 3 minutes until the whites are just set and the yolks are still soft.

5. Divide the hash between 4 plates and top with a poached egg, then season to taste and sprinkle with the remaining parsley.

Mini workout

Quick 6 minute EMOM

Every Minute on the Minute (EMOM) is a type of interval training where you perform a set of exercises within a minute. The goal is to complete the set of exercises within the time frame, and then rest until the next minute begins.

Let's make sure we are warmed up before we start!

- 6 Reverse lunges
- 6 Squats
- 6 V-sit extensions
- 6 Press-ups
- 6 Shoulder taps

Aim for 6 minutes - build up slowly, you can always add another 6 minutes on after a rest break of 2-3 minutes to make it a little bit longer (and harder!).

Make sure to stretch off once you have finished.

Creamy broccoli gnocchi bake

Total Time: 30 min Prep: 5 min
Cook: 25 min Serves: 4
Difficulty: Easy

Ingredients

Broccoli, raw 300 g,
Tenderstem

Gnocchi, Fresh 500 g

Medium fat soft cheese 180 g

Garlic 2 clove(s), crushed

Vegetable stock cube(s) 1
cube(s), 150ml

Ground Nutmeg 1/4
teaspoon(s), level

Lemon(s) 1/2 zest(s) of 1

Vegetarian Parmesan Style
Hard Cheese 2 tablespoons,
grated

Calorie controlled cooking
spray 4 spray(s)

Spinach 360 g, young leaf

Instructions

1. Preheat the oven to 200°C, fan 180°C, gas mark 6. Cook the broccoli and gnocchi for 2 minutes in a large pan of boiling water. Drain and put into a 1.5-litre baking dish.

2. In a bowl, combine the soft cheese, half the garlic and all of the stock, nutmeg and lemon zest. Pour the sauce over the broccoli and gnocchi and toss to combine, then scatter over the grated hard cheese. Bake for 20 minutes, until golden and bubbling.

3. Meanwhile, mist a large frying pan with cooking spray and set over a medium-high heat. Add the spinach, a handful at a time, and cook for 4-5 minutes until wilted. Season to taste, then stir in the remaining garlic and cook for a final 1 minute.

4. Serve the gnocchi bake with the spinach on the side.

Stretching

Chest Stretch

Chest stretches are a great way to stretch and lengthen the chest and shoulder muscles.

To do this stretch, start in a standing or seated position and interlace your fingers behind your back. Open your chest and shoulders, and lift your arms up towards the ceiling.

Hold this position for 10-30 seconds, feeling the stretch in the chest and shoulder muscles. To increase the intensity of the stretch, you can try bringing your arms up higher and pushing your chest out further.

Make sure to keep your spine straight and your core engaged during the stretch. This stretch can help to improve posture and relieve tension in the chest and shoulder muscles.

News



Our Kids Boxercise Classes
have gone down a storm!

We only have a few spaces left

Monday: 2 Spaces available

Tuesday: 4 Available

Wednesday: 2 Available

Thursday: Full

Friday: 2 Spaces available

Saturday: 3 Available

Email:

info@spikefitness.co.uk for
more information



Thank you to everyone who
has agreed to participate in
the

SFHQ Boxathon on the 13th
May 2023 in aid of Asthma UK.

The day will involve a 12-hour
Boxathon session with 4
people punching every hour
from 8am until 8pm.

We will also be looking to hold
some different activities
throughout the day, so feel
free to come down and hang
around either before or after
the sessions!

Here is the link for the
sponsorships, please do not
feel pressured into getting
sponsorships for the event,
however, if anyone you know
would like to donate, please
pass them this link!

[SFHQ Boxathon](#)

Huge thank you again to
everyone involved!

Massively appreciate it!

News



Are you getting fed up cooking the same thing week in, week out?

As you will have noticed, we have started to provide some meal ideas in our newsletters each week.

However, if you would like a small 21 recipe book that you can look at and follow on your iPad and phone at any time and is yours to keep.

Drop Team SF an email at info@spikefitness.co.uk.

Price £6