

SpikeFitness

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7th May 23

How calories are calculated

Protein, Carbs, Fat, Alcohol, how are calories calculated? What makes up our foods and why is it important to have a balance in our diets?

Calories are a measure of energy, the number we see on a label is how much energy will be given to our body when it is digested (metabolised) by the body. That number is made up of protein, carbohydrate and fat collectively called macronutrients or macro's as they are commonly called.

These macro's each have a different calorie value, and it's worth noting that the labels are an estimate as measurements for food can always vary (by up to 10%) when calculated.

So how do we know what is in each?

One common way of measuring food is using a device called a bomb calorimeter, this is an airtight chamber filled with pure oxygen and then placed in water, the food source is ignited and the change in water temperature measured to calculate the energy of the food source - all very cool. We should note that chemical analysis and the Atwater method are also used.

That calculation is not perfect as we work in a slightly different way to the chamber, this is because we use energy to replace muscle tissue, skin, hair and even mucus.

How calories are calculated

Tracking back slightly, I mentioned that each macronutrient has different energy value per gram:

Protein - 4 calories

Carbohydrates - 4 calories

Fat - 9 calories

And we'll also include Alcohol at 7 calories.

The actual amount can vary, this could be down to the way it was measured, the structure of the food that was tested and even the way the food is prepared, as there is no guarantee that what we have matches the original test exactly. This is where the 10% deviation comes in.

Let's take a look at each individually as they are not all created equally:

Protein - helps keep us satiated, feeling full for longer. Look for leaner options, these could be skinless poultry, fish and legumes. Protein helps to preserve lean muscle and is important in stabilising blood sugar. Look for protein to be just over 1/3 of our plate.

Carbohydrates - Bright colours for the win, these typically have more fiber which aids with digestion, regulating blood sugar and help to lower cholesterol. Normally these should be about half of our plate - Carbs are not the enemy!

How calories are calculated

Fats - lot's of talk about fats, good fats, bad fats the list goes on, healthy fats such as nuts, seeds including options like avocado and olive oil are all good choices here, fats help us to absorb nutrients whilst keeping us full, the key is to keep them to the last 10th of our plate, they can be very good for us but portion size is very important.

Whilst calories play a huge role in our weight loss or gain, ensuring we are moving and using that energy also helps.

Changes to diet should be steady and allow our body time to adapt, small changes lead to the best results over a longer period, that is true for both weight change and keeping that change.

Would you like some help with calorie intake? Speak to a member of team SF on info@spikefitness.co.uk or 07597215652.



Italian pepper & egg breakfast wrap

Total Time: 15 min Prep: 5 min
Cook: 10 min Serves: 1
Difficulty: Easy

Ingredients

Calorie controlled cooking spray 4 spray(s)

Tortilla wrap(s) 1 medium

Peppers, All Types 1 medium, thinly sliced

Tomato 1 small, 3 slices

Egg, whole, raw 1 large, raw

Light Mozzarella 30 g, grated

Parmesan Cheese 1 teaspoons, grated

Instructions

1. Place the wrap on a cutting board and make a cut from centre to the bottom.

2. Coat a small nonstick frying pan with cooking spray and heat over a medium heat. Add the peppers and cook for 3-4 minutes, stirring occasionally, until lightly browned and crisp-tender.

Place peppers on the top left quarter of the wrap.

3. In the same frying pan, add the egg and scramble for 30 seconds until set. Place the egg on the bottom right quarter of wrap.

4. Place the tomato on top right quarter. Combine the mozzarella and Parmesan and place on bottom left quarter. Sprinkle black pepper evenly over the fillings.

5. To form a triangle, starting at the bottom right quarter, fold the eggs and tortilla over onto the tomatoes in the top right quarter. Then fold over onto the top left quarter, and finally fold onto bottom left quarter.

6. Wipe the frying pan if needed, then coat with cooking spray and heat over medium heat. Add

the wrap and cook for 1-2 minutes until golden. Flip and cook until bottom is golden and cheese melts.

Mini workout

Legs - supersets

Warm-up

- Jog in place for 1 minute
- High knees for 30 seconds
- Butt kicks for 30 seconds
- Lunges (forward, side, and reverse) for 30 seconds

Workout

- Squats for 30 seconds
- Lunges for 30 seconds
- Bridges for 30 seconds
- Plank leg raises for 30 seconds

Repeat for 3-4 rounds - add rounds or increase exercise time to increase the difficulty.

Cool-down

- Walk or jog in place for 1 minute
- Static stretches for your legs and glutes for 30 seconds each

Be sure to warm up before each workout and cool down afterwards.

Herby quinoa stuffed courgettes

Total Time: 1 hr Prep: 20 min
Cook: 40 min Serves: 4
Difficulty: Easy

Ingredients

Quinoa, Dry 150 g

Calorie controlled cooking spray 1 spray(s)

Red onion(s) 1 small, finely chopped

Red pepper(s) 1 medium, deseeded and diced

Garlic 2 clove(s), crushed

Thyme, Fresh 1 teaspoons, chopped

Sun Dried Tomatoes 30 g, chopped

Oregano, Dried 1 teaspoons, level

Basil, Fresh 1 tablespoons, chopped

Courgette 4 medium

Light Mozzarella 60 g, diced

Instructions

1. Preheat the oven to 200°C, fan 180°C, gas mark 6. Cook the quinoa to pack instructions. Drain, then put in a mixing bowl and leave to cool.

2. Meanwhile, mist a small pan with cooking spray. Add the onion and cook over a medium heat for 5 minutes, until softened. Add the red pepper, garlic, and thyme and cook for 5 minutes. Add the onion and pepper mixture to the quinoa, along with the sun-dried tomatoes, oregano, and basil. Season well.

3. Halve the courgettes lengthways and use a teaspoon to scoop out the flesh and seeds, leaving about 5mm of flesh at the edges. Put the hollowed out courgettes on a baking sheet and fill with the quinoa mixture. Top with the mozzarella. Bake for 18 minutes, until the courgettes have softened and the mozzarella is melted and golden.

Stretching

Lower back

1. Knee to Chest Stretch

- Lie on your back with your knees bent and your feet flat on the floor.
- Bring your right knee towards your chest, using your hands to gently pull your knee closer to your body.
- Hold the stretch for 30 seconds, then repeat on the other side.

You can also do this stretch while standing up. To do this, stand with your feet shoulder-width apart. Bend forward at the waist and reach down towards your toes. Hold the stretch for 30 seconds.

It's important to listen to your body and stop if you feel any pain.



News



Massive congratulations to Amanda on winning 'Spike Fitness' Member of the Month' For April!

Amanda has been working hard over the last few months and is making amazing progress.

No matter what life throws at her, she gets up, comes in and smashes her workouts!

She is always a pleasure to train, even though she is a West Ham fan!

Amanda, you are doing amazing, keep up the good work and look forward to smashing more goals with you.

Well done Amanda! Make sure that trophy takes pride of place!



News

MAY BANK HOLIDAY OPENING TIMES

Sunday 30th April - CLOSED
Monday 1st May - CLOSED

Monday 8th May - CLOSED

Monday 29th May - 09:00 - 17:00
(Last Entry 45 mins before closing)

www.spikefitness.co.uk
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SF

Just a reminder that we
are closed tomorrow.
Open again on Tuesday
at 06:30

SFHQ BOXATHON

13th May 2023
8am-8pm

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

For more information:
email: info@spikefitness.co.uk

BOXERCISE

SF

It is only 1 weeks until
The SFHQ Boxathon
which is 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.

If you would like to
sponsor Team SF on
their awesome efforts
on the day, please
follow the link below:

[SFHQ Boxathon](#)

Huge thank you again to
everyone involved!

Massively appreciate it!