

SpikeFitness

Understanding the role calories
play in our body

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11th June 23

Understanding the role calories play in our body

What do each of the macro nutrients do for our bodies and how do they affect the balance?

Macro Nutri-whats?

Macro nutrients, or as we commonly see them, Protein, Carbs and Fats. They make up our food, in various percentages depending on the type of food.

Why is the make up important?

What does that mean for our bodies?

Why do we need balance?

Great questions!

The make up of food, or the macro nutrient content is important for our bodies balance, in that if we were to have lots of fat dense foods then we would (subject to overall calories) be likely to gain weight.

It's worth noting that balance is a very individual thing, so we will use some stock examples, more to understand how the macro nutrients can and are split down.

Let's first understand what they do for the body.

Protein, the building blocks. Proteins are essential in the building and repairing of muscles, skin and

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tissues they also help transport oxygen and other important nutrients around the body.

Carbohydrates, the preferred fuel of the body, Carbs are easier to convert into fuel than protein or fats, this fuel is needed for all cells and in particular the brain and our muscles.

Fats, they get a bad rap, but they are essential for protection of the organs and cell function, it also helps with insulation. Good fats need to be included in our diet, just in appropriate amounts.

So with that covered, lets talk about balance, we tend to look at balance as a percentage breakdown, so as an example

50% carbs

30% protein

20% fat

This is a popular one, and is a great starting point offers a good amount of energy, still offers a level of fats for essential purposes without being overly restrictive.

From here we can adjust the mix to suit our own needs, that might be slightly higher carbs on intense training days or before an event.

For some individuals a high fat content is desired, this could look like:

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40% carbs

30% protein

30% fat

The main take aways from this is adjustment should be done slowly to give our body time to adjust, they can be finicky - slow and steady wins the race and when looking at the examples most of the other connotations are high in protein...

If you would like some guidance on macro nutrients give one of the Team at SF a message on info@spikefitness.co.uk or 07597215652.



Breakfast

Total Time: 30 min Prep:
10 min Cook: 20 min
Serves: 6 Difficulty:
Easy

Ingredients

Calorie controlled
cooking spray 8
spray(s)

Cherry Tomatoes 180 g,
chopped

Light Feta Cheese 60 g,
crumbled

Dill, Dried 3/4
teaspoons, level

Egg, whole, raw 5
medium, raw

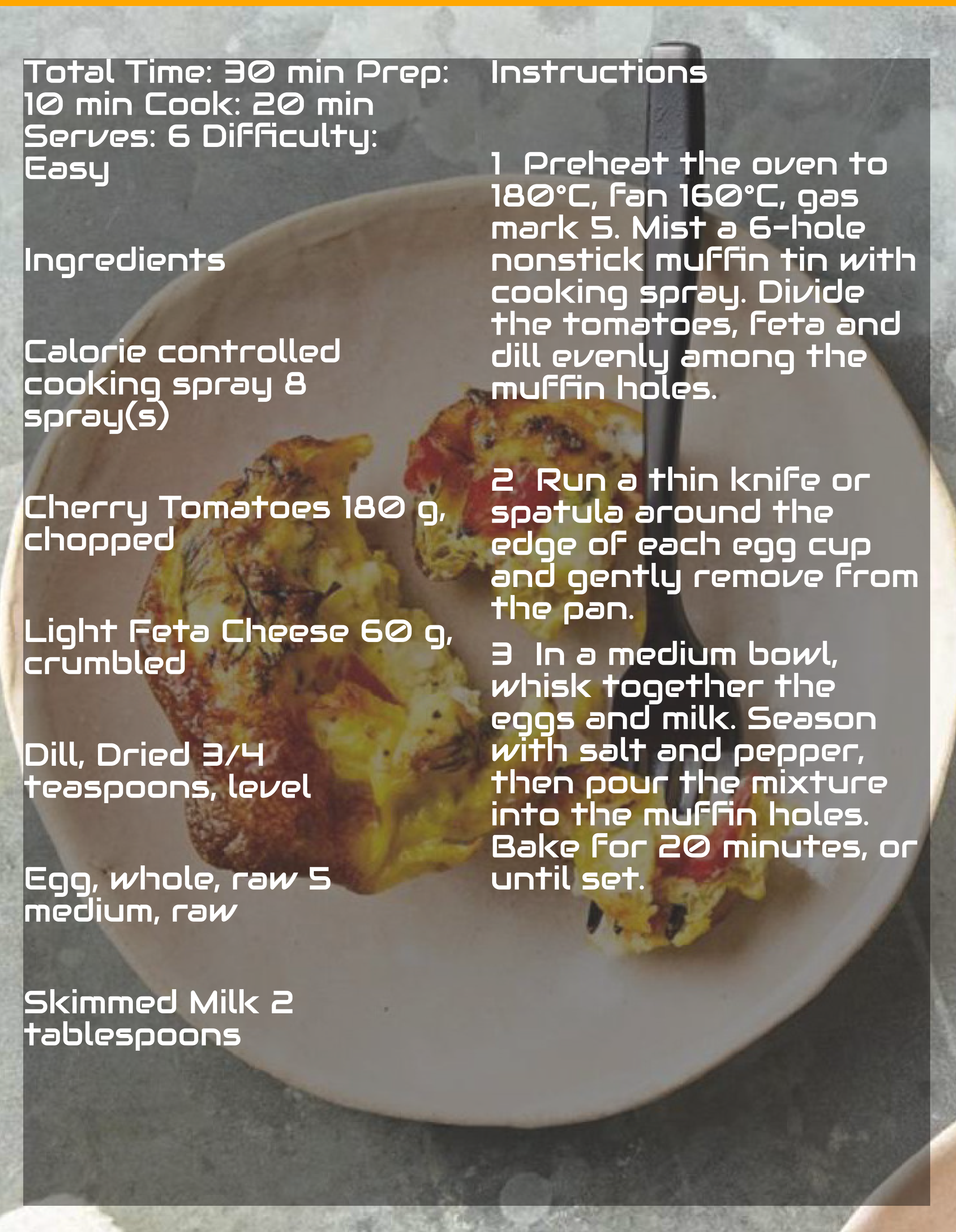
Skimmed Milk 2
tablespoons

Instructions

1 Preheat the oven to 180°C, Fan 160°C, gas mark 5. Mist a 6-hole nonstick muffin tin with cooking spray. Divide the tomatoes, feta and dill evenly among the muffin holes.

2 Run a thin knife or spatula around the edge of each egg cup and gently remove from the pan.

3 In a medium bowl, whisk together the eggs and milk. Season with salt and pepper, then pour the mixture into the muffin holes. Bake for 20 minutes, or until set.



Mini workout

Core

Workout

- Plank for 60 seconds
- Reverse crunches for 30 seconds
- Leg raises for 30 seconds
- Russian twists for 30 seconds
- Bicycle crunches for 30 seconds
- Plank hip dips for 30 seconds

Rest for 1 minute

Repeat the circuit 2 more times

Cool down with some light stretching

Listen to your body and stop if you feel any pain.

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

Evening meal

Total Time: 6 hr 40 min Prep:
10 min Cook: 6 hr 30 min
Serves: 6 Difficulty: Moderate

Ingredients

- Calorie controlled cooking spray 5 spray(s)
- Beef stewing steak, lean, raw 450 g, cut into cubes
- Onion(s) 1 small, chopped
- Mushrooms 300 g, sliced
- Garlic 2 clove(s), crushed
- Carrots, raw 2 medium, sliced
- Pinto Beans, cooked 400 g, can, drained and rinsed
- Vegetable stock cube(s) 1 cube(s), 350ml stock
- Tinned Tomatoes 1 can(s), large
- Salt 1/2 teaspoons
- Oregano, Dried 1/2 teaspoons, level
- Thyme, Dried 1/4 teaspoons, level, dried
- Black pepper 1/4 teaspoons
- Thyme, Fresh 6 sprig(s), to garnish

Instructions

1. Place the beef in a slow cooker. Mist a nonstick frying pan with cooking spray. Add the onion, mushrooms and garlic. Sauté over medium-high heat 5 minutes, stirring occasionally. Add to the slow cooker with the carrots.
2. Place half of the beans in the slow cooker. Put the remaining beans in a blender. Add 1/3 of stock to blender and purée. Add mixture to slow cooker. Add the remaining stock, tomatoes, oregano, dried thyme, salt and pepper.
3. Cover and cook on the High setting of slow cooker for 6 to 7 hours. Garnish with fresh thyme.

Stretching

TFL

The tensor fascia latae (TFL) is a muscle that runs along the outside of your hip. It helps to stabilise your hip and thigh.

Standing TFL Stretch

1. Stand with your feet shoulder-width apart and your toes pointed forward.
2. Cross your right foot behind your left leg, just above your ankle.
3. Bend your left knee slightly and lean forward at the waist until you feel a stretch in the outside of your right hip.
4. Hold the stretch for 30 seconds, then repeat on the other side.

Lying TFL Stretch

1. Lie on your back with your knees bent and your feet flat on the floor.
2. Cross your right ankle over your left knee.
3. Gently pull your right knee towards your chest until you feel a stretch in the outside of your right hip.
4. Hold the stretch for 30 seconds, then repeat on the other side.

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

News



So last week we saw Ian crowned our member of the month for May.

Here he is collecting his trophy!

Well done again Ian, Well deserved!