

SpikeFitness

How to fuel our
body for exercise

Spanish tuna & courgette tortilla

Mini workout

Veggie filo tart

Stretching

News

16th July 23

How to fuel our body for exercise

Whether we are looking to gain weight, maintain or lose ensuring we fuel correctly will keep our performance up whilst still ensuring goals are met.

Understanding how many calories we need is vital to performing and meeting our goals.

Last week we looked at how to set a weight loss goal and with that how to work out our maintenance calories. It is also equally important to ensure we are fuelled for exercise.

So can we be fuelled for exercise and still look to lose weight?

Yes, in short.

As always, there are somethings we need to consider.

The balance of our calories, is important as we will need more protein to help sustain performance. We also need to think about when to eat to ensure we have the appropriate amount of energy for the workout.

There are a lot of different methods for this, and each person will respond differently, some prefer to eat a little more the night before, some 90 minutes before a workout.

How to fuel our body for exercise

Without going into the pro's and con's as these will vary for everyone, I would suggest trying the above and seeing what works best for you.

It's also important to ensure that it works for different types of workout, as this may also affect performance, for example a morning run vs a morning weights workout.

Next up, hydration, this is super important, we need to be hydrated. When the body is dehydrated the stroke volume reduces, which causes less blood to be distributed, less blood flow means lactic and waste building up quicker. This is on top of extra loss due to sweating.

Easy tip here is to get a head start first thing in the morning, well, we say a head start, the reality is that we haven't taken on any water over the last 6-8 hours.

Next up, sleep, our body recovers whilst we sleep, specifically our muscles and our central nervous system, having a good and sufficient sleep pattern is essential for performance while also managing our calorie intake.

Scaling our workouts to suit is another good way of maintaining performance, whilst we may not be able to sustain the volume of being in a calorie surplus, we can shape our workouts to help, keeping the larger compound movements and minimising the accessory movements (or super-setting them) is also a good tactic.

How to fuel our body for exercise

There are lots of variables to consider, and it will take time to find out what works for you. It's also a balancing act that isn't always perfect.

Looking at the act of fuelling up specifically, we should aim to take on board food to specifically help with the workout we are about to undertake:

Cardio - unrefined slow release carbs are a great option, slow release will help for the duration of your workout.

Strength - unrefined carbs and protein, our muscles will need the carbs for output, the protein will help with a head start on the rebuilding side.

Endurance is largely the same as cardio, the key difference is that we would undertake this in the days leading up to an event, otherwise known as carb loading and essentially the act of filling all of our energy stores.

There are lots of avenues to explore, and understanding how we perform best will take some trial and error to find out what works best for us.

Looking for a starting point with fuelling your workouts and finding the right balance? Chat to Team SF on info@spikefitness.co.uk or 07597215652.

Spanish tuna & courgette tortilla

Total Time: 40 min Prep: 10 min Cook: 30 min Serves: 2 Difficulty: Easy

Ingredients

- Calorie controlled cooking spray 4 spray(s)
- Low Fat Spread 5g
- Onion(s) 1 medium, finely chopped
- Potato(es), Raw 100 g, peeled and cubed
- Chilli, Green or Red 1/2 individual, deseeded and chopped
- Tinned Tomatoes 1 can(s), large
- Courgette 50 g, trimmed and finely diced
- Tuna in spring water, drained 80 g
- Egg, whole, raw 3 medium, raw
- Half Fat Cheddar Cheese 25 g, grated

Instructions

1. Preheat the oven to 190°C, Fan 170°C, gas mark 5. Mist an ovenproof, nonstick frying pan with the spray, heat gently, then melt the spread. Fry the onion and potato for 10 minutes or until slightly golden. Add the chilli, tomatoes, courgette and tuna. Fry for 5 minutes.

2. Whisk the eggs and cheese together, then season. Pour the mixture into the frying pan and cook for 5-10 minutes over a low heat. Transfer to the oven and cook for 5 minutes or until the egg is set. Serve hot or cold.

Mini workout

Upper body home workout:

- 1 Push-ups - 3 sets of 10 reps
- 2 Dips - 3 sets of 10 reps (using a chair or sturdy surface)
- 3 Diamond (or narrow - 1 hands width between your hands) push-ups - 3 sets of 8 reps
- 4 Plank to push-up - 3 sets of 8 reps (start in a plank position and lower yourself towards the floor, then push back up to the plank position)
- 5 T-push ups - 3 sets of 8 reps (Perform a push-up and rotate your body to one side, raising the arm on that side to form a T-shape with your body)

Repeat for 2-4 rounds building up slowly.

Make sure to warm up before starting the workout and stretch after completing it.

Remember to breathe and listen to your body, if you need to modify the workout for your fitness level, feel free to do so.

Veggie filo tart

Total Time: 0:20 Prep time:
0:05 Cook time: 0:15 Serves:
4 Difficulty: Easy

Ingredients

- Calorie controlled cooking spray 4 spray(s)
- Filo Pastry 180 g, 4x45g, measuring 50x24cm
- Asparagus, raw 150 g
- Courgette 1 medium
- Spring Onions 4 medium
- Cherry Tomatoes 8 individual
- Egg, whole, raw 1 large, raw
- Half Fat Crème Fraîche 100g
- Oregano, Dried 1 teaspoons, level, or mixed Italian herbs
- Rocket 1 portion(s), to serve
- Salt 1 pinch
- Black pepper 1 pinch

Instructions

1. Preheat the oven to Gas Mark 7, 220°C, fan oven 200°C. Spray the Swiss roll tin or large baking sheet with the cooking spray.
2. Lay 2 sheets of filo pastry on the tin or baking sheet (they will over-hang it at the moment) and spray them with the cooking spray. Lay the other 2 sheets on top and spray once more. Scrunch up the edges to fit the tin, to form a border. Bake the pastry in the oven for 3-4 minutes.
3. Put the asparagus into the saucepan and cover with boiling water from the kettle. Boil for 2 minutes.
4. While the asparagus is cooking, slice the courgette and spring onions in the food processor. Halve the cherry tomatoes. Drain the asparagus, beat the egg, crème fraiche and herbs together and season.
5. Take the filo tart out of the oven and pour the egg mixture on top of it. Scatter the courgette, spring onions, asparagus and cherry tomatoes over the surface. Bake for a further 10-12 minutes until the egg mixture is set.
6. Cool the tart for a few minutes; cut it into quarters and serve warm or cold, scattered with the basil or rocket leaves.

Stretching

Here is a simple desk-based shoulder stretch you can try:

1 Sit up straight in your chair and raise your arms straight out in front of you, parallel to the ground.

2 Interlace your fingers, with your palms facing away from your body.

3 Slowly push your hands away from your body, as if you were trying to push something away.

4 Hold the stretch for 15-30 seconds, then release.

5 Repeat the stretch a few times, as desired.

Be sure to keep your shoulders relaxed and down during the stretch. This stretch can help to loosen up tight shoulders and upper back muscles.

News



Summer is here, so why not spring into action and treat yourself to some super-duper new gym kit! We have a complete range of workout gear with various designs, colours and fits.

Members - you lucky peeps get 10% discount off everything (get a code from a member of Team SF)

[Shop Here](#)



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