

# SpikeFitness

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24<sup>th</sup> September 23

# Hormones and you

Hormones and you, lots of talk around balance and keeping hormones in check, what does this actually mean and why is it important to work to increase the good hormones?

Let's start with what they are.

Hormones are chemicals created by our glands and released into the blood stream to send messages and play different roles in our bodies many processes.

The processes we are looking at here are the mood regulators, the ones that help us feel positive feelings including happiness and pleasure.

So which are they?

Dopamine, this is our main feel good hormone, it's an important part of the brain's reward system. It's associated with pleasurable sensations, along with learning, memory, and more.

Serotonin, this is a mood hormone and has lots of roles within that such as regulating appetite, learning, memory, sleep and can aid in digestion.

Now we got that all cleared up, how do we increase these good hormones?

# Hormones and you

## For dopamine:

- Diet can assist with this, increasing our protein intake, and reducing our saturated fat can help,
- Prioritise sleep, ensure we are well rested,
- Increasing time in natural light, especially sunlight,
- Relaxation time, be that listening to music, walking, mediation,
- And of course physical exercise, as per our previous newsletters, this doesn't have to be high intensity.

Maximising our dopamine levels helps to maintain our physical, emotional and mental wellbeing.

## For serotonin:

- Adjusting your diet, again with higher protein foods mixed with carbohydrates to help absorption,
- Physical exercise, preferably outdoors,
- Socialising with friends/family and our animal friends
- Positive acts, volunteering, helping friends etc help elevate us.

Increasing our serotonin levels helps to regulate our circadian rhythm, regulate appetite and increase our ability to learn and memorise.

# Hormones and you

The cross over between dopamine and serotonin is great, many of the ways to increase both can start with simple steps that we can undertake with a little planning and without impacting our day too much.

Small changes to our daily routines can turn into big changes over the longer term, with each step increasing our good hormones, the next steps also become easier to envisage and act upon.

Would you like some assistance in planning in daily activities to help increase your good hormones? - Chat to one of the team here at SF [info@spikefitness.co.uk](mailto: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

New opening times for SpikeFitness from the  
1<sup>st</sup> October

## NEW OPENING TIMES

From Sunday 1st October, our new  
opening times will be:

Monday: 06:30 - 21:00  
Tuesday: 06:30 - 21:00  
Wednesday: 06:30 - 21:00  
Thursday: 06:30 - 21:00  
Friday: 06:30 - 20:00  
Saturday: 09:00 - 17:00  
Sunday: 09:00 - 13:00

As before, the last entry into the gym will  
be 45 mins before closing.

[www.spikefitness.co.uk](http://www.spikefitness.co.uk)  
07597215652  
[info@spikefitness.co.uk](mailto:info@spikefitness.co.uk)

The logo consists of the letters 'S' and 'F' in a bold, white, sans-serif font. The 'S' is on the left and the 'F' is on the right, both with a thick stroke.