

# SpikeFitness

Hydration is key

Berry & banana smoothie

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News

1<sup>st</sup> October 23

# Hydration is key

High quality H<sub>2</sub>O!

Now the Waterboy references are out of the way, why are we always told to keep our water intake up?

Water is essential for good health, regulation of the body and transportation, let's take a look at each in order:

## General health

- Reduces dehydration
- Decreases headaches
- Helps lubricate joints
- Improves physical performance

## Regulation

- Stops the body (kidneys) from conserving water
- Helps reduce the need for Vasopressin (also called antidiuretic hormone) to be released
- Balances waste removal
- Helps with temperature changes and fluctuations

## Transportation

- Forms saliva
- Allows cell growth to occur
- Adds in the manufacture of hormones and neurotransmitters

# Hydration is key

Through the intestines, it is converted into fluids, such as blood to help remove waste products from the body.

It's pretty important then?

It is! - so many of your internal functions rely on water and the body is 60% water as well!

We could go on and on about the benefits, having a good state of hydration is key, the body cycles water and will hold onto the 'waste' water when it doesn't get enough.

Increases our water intake may seem like a difficult task in the beginning so its best to slowly increase, have a small glass of water at breakfast, have some just before each meal, or even a single meal as we look to increase.

The key here is to maintain good hydration, and as it's the best method ensure our pee is a clear light yellow colour.

Need help increasing your water intake? - Chat to one of the team here at SF [info@spikefitness.co.uk](mailto:info@spikefitness.co.uk) or 07597215652.

# Berry & banana smoothie

Total Time: 5 min Prep: 5 min Serves: 2 Difficulty: Easy

## Ingredients

Banana(s) 120 g, chopped

Frozen Mixed Berries 80 g

Skimmed Milk 120 ml

Fat Free Vanilla Yogurt 120 g

Mint, Fresh 2 sprig(s)

## Instructions

Place the banana, frozen mixed berries, milk, yogurt and 3 ice cubes into a blender.

Blitz until smooth and divide between 2 glasses. Garnish with the mint and serve.

# Mini workout

Before starting the workout, make sure to warm up by doing some light cardio or dynamic stretching.

The workout will be structured as a pyramid, starting with one repetition of each exercise and increasing by one repetition each round until you reach the peak of the pyramid. Then, you will decrease by one repetition each round until you reach one repetition again.

Round 1:

- 1 leg raise
- 1 mountain climber (each leg)
- 1 scissor leg
- 1 plank jack
- 1 Russian twist (each side)

Rest for 20-30 seconds.

Round 2 would be 2 of each, round 3, 3 of each to begin go up to 5 of each then go back down.

Add in more rounds to increase the difficulty.

Remember to stretch and cool down after the workout.

# Turkey Scotch Eggs

Total Time: 1:20

Prep time: 0:25

Cook time: 0:25

Serves: 8

## Ingredients

Egg, 9 medium

Onion(s) 1 small, finely chopped

Garlic 1 clove(s), crushed

Turkey Breast Mince, raw 500g

Thyme, Fresh 5 sprig(s), finely chopped

Rosemary, Fresh 5 sprig(s), finely chopped

Parsley, Fresh 5 sprig(s), fresh, finely chopped

Plain White Flour 4 tablespoons, level, plus extra for dusting

Breadcrumbs, dried 50g

Rapeseed Oil 1 tablespoons

## Instructions

Bring a pan of water to the boil over a medium-high heat, then reduce to a simmer. Carefully add 8 of the eggs using a slotted spoon and cook for 6-8 minutes.

Drain, fill the pan with cold water and set aside for a few minutes to allow the eggs to cool, then peel and pat dry with kitchen paper.

Meanwhile, mix together the onion, garlic, turkey mince and herbs.

Divide the meat mixture into 8. Dust a work surface with flour, roll each portion of mince into a ball, then flatten into a circle large enough to encase an egg. Put an egg in the centre and use your hands to mould the mince around it, so it's completely covered. Roll each encased egg to smooth out the shape.

Beat the remaining egg and pour onto a plate. Put the flour on another plate and the breadcrumbs on a third. Roll each egg first in the flour, then the beaten egg and lastly the breadcrumbs. Put on a baking tray and chill for 30 minutes.

Preheat the oven to 200°C, fan 180°C, gas mark 6. Heat the oil in a frying pan and fry the eggs, in batches, for 1-2 minutes, until starting to turn golden. Transfer to a baking tray and bake for 10-12 minutes until golden.

# Stretching

## IT Band stretch

1. Begin in a side-lying position on your right side, with your legs extended.
2. Bend your left knee and place your left foot in front of your right leg.
3. Place your hands on the ground and slowly press your left hip towards the ground.
4. Hold the stretch for 10-15 seconds, and then slowly relax your body to starting position.
5. Repeat 3-5 times before switching sides.

### Tips:

- Do not put your body into a position of pain.
- When stretching, focus on deep breaths and relaxation.
- Make sure you keep your back straight and your hips stacked (directly above each other) while stretching.

# News

**Massive congratulations to Ro aka 'Super Woman' on winning 'Spike Fitness' Member of the Month' For September!**

## Member of the Month – September 2023

### Ro Morgan-Doak



Massive congratulations to Ro aka 'Super Woman' on winning 'Spike Fitness' Member of the Month' for September!

Ro continuously manages to balance strength and endurance whilst improving on both elements. She also manages to attend her Kick Boxercise or Intermediate Boxercise classes too! This lady is an absolute machine!!!!

Ro is an extremely popular member of the gym, always joining in with the fun days and themed sessions throughout the year! We have certainly had some chuckles during your journey here!

In all seriousness, Ro you have come so far since you started with us here, it's awesome to see your progress and we are looking forward to seeing your progress!!

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

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**In all seriousness, Ro you have come so far since you started with us here, it's awesome to see your progress and we are looking forward to seeing your progress!!**



# News

Please remember our new opening times are effective from today

## 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 weight.

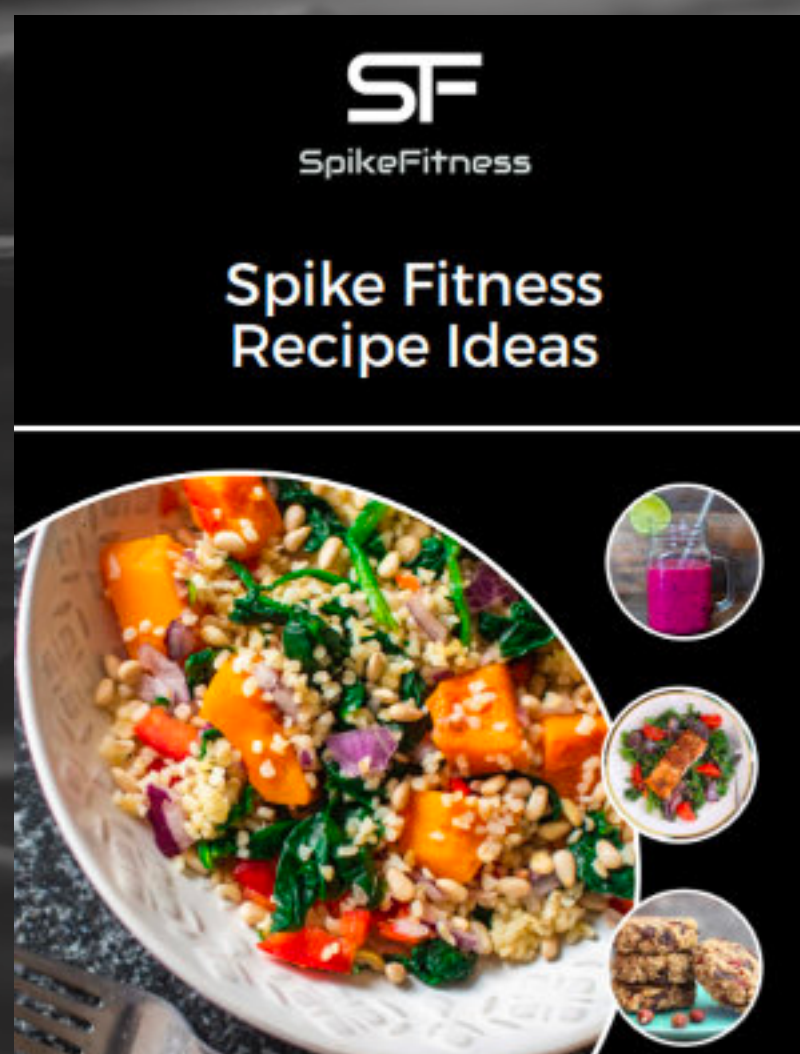
# News

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](mailto:info@spikefitness.co.uk).



Price £6