

SpikeFitness

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22nd October 23

Hormones, weight loss and fat storage

Hormones play a pivotal role in regulating various physiological processes in the human body, including metabolism, hunger, and fat storage. Understanding how hormones impact weight loss and fat storage is crucial for anyone striving to achieve and maintain a healthy weight.

One of the key hormones involved in weight regulation is insulin. When you consume carbohydrates, your body breaks them down into glucose, leading to a spike in blood sugar levels. In response, the pancreas releases insulin, a hormone that helps cells absorb glucose for energy.

However, excessive consumption of refined carbohydrates and sugary foods can lead to insulin resistance, where cells don't respond effectively to insulin. This condition is linked to increased fat storage, especially around the abdominal area. To combat insulin resistance, it's important to maintain a balanced diet, focusing on whole grains, fruits, vegetables, and lean proteins.

Leptin, often referred to as the "satiety hormone," signals to the brain that you're full and helps regulate energy balance. When you lose weight, leptin levels drop, signalling hunger and promoting fat storage.

This biological response, designed to prevent starvation, can make maintaining weight loss challenging. To mitigate this, incorporating regular physical activity and focusing on nutrient-dense foods can help regulate leptin levels and curb hunger.

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Ghrelin, on the other hand, is known as the "hunger hormone." It stimulates appetite and promotes fat storage. Ghrelin levels increase before meals and decrease after eating, signalling satisfaction. Lack of sleep and chronic stress can disrupt ghrelin levels, leading to increased appetite and cravings for unhealthy foods.

Prioritising sleep, managing stress through relaxation techniques, and adopting mindful eating habits can help balance ghrelin levels.

Cortisol, the "stress hormone," plays a dual role in weight regulation. Acute stress can lead to a temporary decrease in appetite, but chronic stress can disrupt cortisol levels, leading to increased abdominal fat storage. Engaging in stress-reducing activities such as yoga, meditation, or hobbies can help manage cortisol levels and promote overall well-being.

Additionally, sex hormones, including estrogen and testosterone, influence fat distribution. Men and women tend to store fat differently due to variations in hormone levels. Men typically store fat in the abdominal area, while women tend to store it in the hips and thighs. Hormonal changes during menopause can lead to increased abdominal fat in women, emphasising the importance of a balanced diet and regular exercise throughout life stages.

In conclusion, hormones have a significant impact on weight loss and fat storage.

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Maintaining a balanced diet, incorporating regular physical activity, managing stress, and prioritising adequate sleep are essential strategies to support hormonal balance and promote a healthy body composition.

By understanding and addressing the influence of hormones, individuals can make informed lifestyle choices to achieve their weight loss goals and maintain long-term health.

Need help with understanding how hormones can play a roll in your body? - Chat to one of the team here at SF info@spikefitness.co.uk or 07597215652.



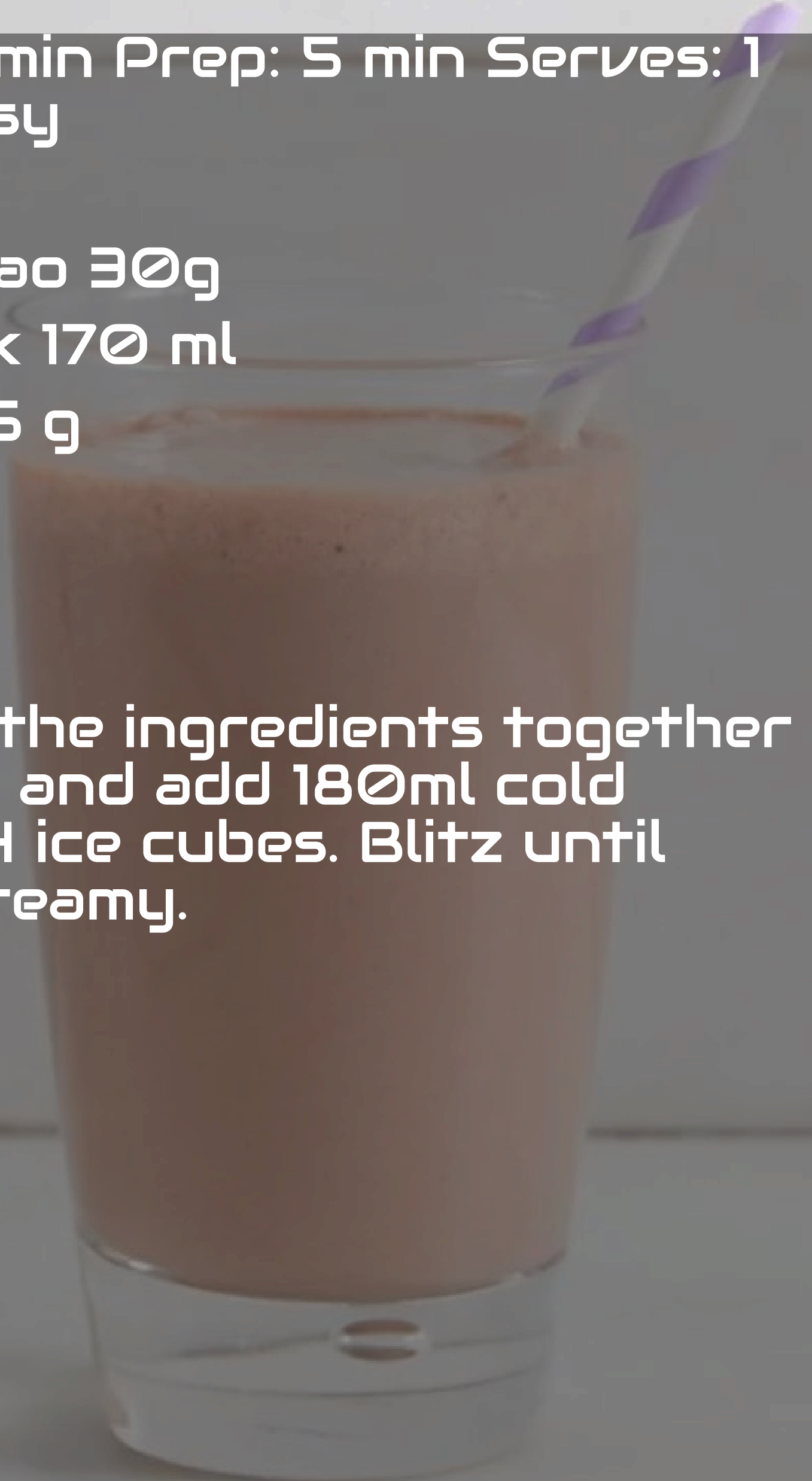
Chocolate-banana protein smoothie

Total Time: 5 min Prep: 5 min Serves: 1
Difficulty: Easy

- Protein Cacao 30g
- Skimmed Milk 170 ml
- Banana(s) 65 g

Instructions

1. Combine all the ingredients together in a blender and add 180ml cold water and 4 ice cubes. Blitz until thick and creamy.



Mini workout

Here's a bodyweight arm workout with 4 exercises you can do at home without equipment:

1. Push-ups: Place your hands on the floor shoulder-width apart, and your feet together behind you. Lower your chest towards the ground, keeping your body in a straight line. Push back up to the starting position. Repeat for 3 sets of 10-15 reps.

2. Tricep dips: Sit on the edge of a sturdy chair or bench with your hands on the seat beside you. Lower your body down off the edge of the seat, bending your elbows until they form a 90-degree angle. Push yourself back up to the starting position. Repeat for 3 sets of 10-15 reps.

3. Diamond push-ups: Place your hands close together on the ground, with your thumbs and index fingers touching to form a diamond shape. Lower your chest towards the ground, keeping your body in a straight line. Push back up to the starting position. Repeat for 3 sets of 10-15 reps.

4. Arm circles: Stand with your feet hip-width apart and extend your arms out to the sides. Make small circles with your arms, gradually increasing the size of the circles. Do 10 circles in each direction, then reverse direction and repeat for 2 sets.

Remember to take breaks when needed, stay hydrated, and adjust the workout to your fitness level.

Salmon teriyaki rice bowl

Total Time: 50 min Prep: 10 min Cook: 10 min Serves: 4 Difficulty: Easy

Ingredients

- Salmon, raw 450 g, chopped into large chunks
- Teriyaki Sauce 2 tablespoons, level
- Root Ginger 2 inch slice(s), peeled, half grated and half julienned
- Garlic 2 clove(s), finely sliced
- Sesame Oil 1 teaspoons
- Chilli, Green or Red 1 individual, finely sliced
- Soy Sauce 2 tablespoons
- Broccoli, raw 200 g, Tender stem
- Pak Choi 400 g, 200g pak choi and 200g choi sum
- Calorie controlled cooking spray 4 spray(s)
- Brown rice, Microwaveable 2 pouch(es)
- Sesame Seeds 1 tablespoons, toasted
- Coriander, fresh 1 tablespoons, roughly chopped

Instructions

1. Put the salmon in a shallow dish with the teriyaki marinade, grated ginger and half the garlic. Cover and marinate in the fridge for at least 30 minutes.
2. Heat the oil in a large wok or frying pan over a medium-high heat. Stir-fry the remaining ginger and garlic with the chilli for 1-2 minutes, then add the broccoli and soy sauce and stir-fry for 3-4 minutes. Add the pak choi and choi sum and stir-fry for 2 minutes until just wilted.
3. Meanwhile, heat a nonstick griddle pan over a high heat and mist with cooking spray. Griddle the salmon for 5 minutes, turning once, until cooked through.
4. Cook the rice to pack instructions and divide between bowls. Top with the greens and salmon and serve garnished with the sesame seeds and coriander.

Stretching

Tricep Stretch

1. Begin standing with your feet shoulder-width apart.
2. Bend your right arm and bring it up behind your head.
3. Reach your left arm up and grab your right elbow with your left hand.
4. Gently pull your right elbow towards your head and hold the stretch for 10-15 seconds.
5. Release the stretch and take a few deep breaths.
6. Repeat 3-5 times before switching arms.

Tips:

- Do not put your body into a position of pain.
- When stretching, focus on deep breaths and relaxation.
- Make sure you keep your shoulders down and relaxed while stretching.

News



The spooky season is upon us, running from Thursday 26th October through to 31st October, our classes will be halloween themed, participants can get dressed up if they wish too!