

SpikeFitness

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26th November 23

How to use tech to motivate

Can we utilise technology to keep us going, or does it always end in digital tears?

Technology has changed the way we travel, work, interact and live, so many things have been achieved that help us day to day, so what about our will to exercise?

There are many trackers, apps, and wearables that this could end up being a multi part book if we covered it all!

With that, let's take an overview of how they aim to motivate:

Setting goals

If we are working towards something, be it weight loss (or gain) volume of workouts per week or an event, we can normally find a section in an app or tracker to program said goal in.

When we pass a goal to a 1's and 0's machine it will do just that, divide up said goal into 1's and 0's. That in itself isn't so much of an issue, more that humans are not linear improvers, in that we have some good weeks, some not so good and it'll require some massaging of the plan.

Whether this is calories, distance or speed being able to flex up and down when we need to is vital. Having said that, there are some portions that will be of

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great use, this include reminders, general guidance on values and target points.

Quick example would be calories, whilst trackers have become very intelligent, they aren't always able to give bandings or offer cycling options:

$2000\text{kcal} \times 7 \text{ days} = 14000$

$2200\text{kcal} \times 3 \text{ days} + 1850 \times 4 \text{ days} = 14000$

Same overall total, different makeup. The cycling method could allow more calories on training days or a less restrictive weekend.

Using technology to assist and guide us (perhaps even remind...) is a great way to use it.

Connecting with others is another great way that tech can help us, there are many online challenges such as walking and running distances over the month, or even movement amounts which can be done as groups or individuals spurring each other on.

Tracking progress offers a way of keeping us moving forward, this might be the weekly emails about of exercise over the past week, knowing that is coming to an inbox near you can help to motivate, for other is may not be such a help.

Readouts of distance, pace, time are another area which can show improvement over a longer period,

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when we take a longer term view of our progress.

Hydration, nutrition and movement reminders are an excellent addition, for those who work in more sedentary jobs, having a little vibrate to say standup and move around can give that gentle nudge as can improving our water intake or remembering to log or food.

Taking our time to ensure we have a good setup is vital, when should we be reminded, how frequently we interact with app or wearable of choice is vital to getting the right balance for both not being chained to it and not forgetting it!

Need help tweaking your tech? - speak to Team SF to see how we can help info@spikefitness.co.uk or 07597215652.



Herby scrambled tofu with griddled tomatoes

Total Time: 20 min Prep: 10 min Cook: 10 min Serves: 4
Difficulty: Easy

Ingredients

- Cherry Tomatoes 300 g, on the vine
- Olive Oil 3 teaspoons
- Plain Tofu 800 g, 2 x 396g packs extra-firm tofu
- Garlic 2 clove(s), crushed
- Turmeric 1/2 teaspoons
- Parsley, Fresh 2 tablespoons, chopped
- Chives, Fresh 2 tablespoons, chopped
- Plain Bagel Thins 4 individual

Instructions

1. Set a nonstick griddle pan over a medium heat. Brush the tomatoes with a little of the oil and season to taste. When the pan is hot, add the tomatoes and cook for 4-5 minutes until tender and blistered.
2. Meanwhile, drain the tofu and gently squeeze out any excess liquid. Crumble the tofu into a bowl so you have even-size pieces without any large chunks.
3. Add the remaining oil to a large nonstick frying pan and set over a medium heat. Add the crushed garlic and cook for 1 minute until fragrant, then add the tofu and cook, stirring gently, for 3-4 minutes.
4. Sprinkle the turmeric over the tofu, then cook for a further 2-3 minutes, stirring gently, until the tofu is yellow throughout. Remove from the heat and stir through the chopped fresh herbs, then season to taste.
5. Toast the bagel thins and serve topped with the scrambled tofu and the grilled tomatoes, with the extra chopped fresh herbs scattered over.

Mini workout

Core - supersets

Superset - 1

- Plank for 30 seconds
- Reverse Crunches for 30 seconds

Repeat 3 times

Superset - 2

- Leg Raises for 30 seconds
- Russian Twists for 30 seconds

Repeat 3 times

Superset - 3

- Bicycle Crunches for 30 seconds
- Plank Hip Dips for 30 seconds

Repeat 3 times

Need more? Rest for 1 minute and repeat it again!

Cool down with some light stretching

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

Gluten-free chicken & leek pie

Total Time: 1:10 Prep time:
0:20 Cook time: 0:50 Serves:
4 Difficulty: Easy

Ingredients

- Gluten Free White Bread Flour 150 g
- Baking powder 1/4 teaspoons, level, ensure gluten free
- Low Fat Spread 75 g
- Egg, whole, raw 1 medium, raw, beaten
- Chicken breast, skinless, raw 450 g, cut into chunks
- Leek 2 medium, sliced
- Carrots, raw 2 medium, chopped
- Chicken stock cube(s) 1 cube(s), dissolved in 300ml water, ensure gluten free
- Thyme, Fresh 2 sprig(s)
- Cornflour 1 tablespoons, level, mixed in 1 tbsp cold water
- Broccoli, raw 1 portion(s), medium, or any steamed green vegetables

Instructions

1. To make the pastry, sift the flour and baking powder into the bowl of food processor with a pinch of salt. Add the low fat spread and pulse until it resembles breadcrumbs. Reserve 1 tsp

of the beaten egg, adding the rest to the food processor. Pulse until it forms a soft dough. Alternatively mix the dough by hand with a round ended knife - it is quite sticky so avoid handling it until the last minute. Wrap in cling film and chill for at least 30 minutes.

2. For the filling, mist a frying pan with cooking spray and heat. Add the chicken pieces and fry for 5 minutes until golden. Add the leeks and carrots and continue cooking for 5 more minutes. Stir in the stock, add the thyme, cover and cook for 10 minutes. Quickly stir in the cornflour mixture and cook for another minute until well blended and thickened. Spoon into an ovenproof pie dish.

3. Preheat the oven to 180°C, fan 160°C, gas mark 4. Sift 1 tbsp flour over the work surface and roll out the pastry to fit the pie. Carefully lift on top - it is quite fragile but you can re-roll if necessary or patch any holes with trimmings. Trim the edges and re-roll any excess to make leaves for the top. Brush with the reserved egg. Bake for 30-35 minutes until the pastry is golden. Serve with steamed green vegetables.

Stretching

Posterior Hip Capsule

1. Kneeling Posterior Hip Capsule Stretch

- Start on your hands and knees.
- Extend your right leg behind you, keeping your knee straight.
- Gently rotate your right foot outwards.
- Gently lean forward until you feel a stretch in the back of your right hip.
- Hold the stretch for 30 seconds, then repeat on the other side.

Here are some tips for doing the posterior hip capsule stretch:

- Keep your back straight throughout the stretch.
- Don't force the stretch. If you feel any pain, stop immediately.
- Hold the stretch for at least 30 seconds.
- Repeat the stretch on the other side

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

News

Please take note of our Christmas opening times, any appointments booked whilst we are closed will be rearranged with your trainer

Christmas Opening times

Saturday 23rd December: 0900:1400

Sunday 24th December: Closed

Xmas Day: Closed

Boxing Day: Closed

Wednesday 27th December: 0900-1700

Thursday 28th December: 0900-1700

Friday 29th December: 0900-17:00

Saturday 30th December: 0900:1400

Sunday 31st December: Closed

Monday 1st January: Closed

Tuesday 2nd January: Normal hours

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

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