

Feel Good In February.

Make lasting changes
and improve your
wellbeing.

About This E-Book.

Usual routine feels like a distant concept these days and there's a lot of talk about "the new normal". And of course this has extended to how we exercise and stay active, especially with gyms, swimming pools and other places we used to stay active in a cycle of closing and re-opening.

We decided to set ourselves a company challenge for the month of February and cover the distance from Ireland to the USA - 6,633km! If we can't go past 5kms in reality, then at least we have some virtual escapism?!



Counting steps is not the be-all and end-all of fitness by any means, but it's a good starting point and evens out the playing field.

This e-book aims to provide tips to help you keep moving through the month of February and beyond, with easy and actionable tips you can bring into your daily routines and, most importantly, sustain them. Remember - consistency is key.

We all have days when we really don't feel like getting outside or being active, so it's important to set some goals when beginning a new habit. Goals vary from person to person, but what's important is that the end result is important to you - don't compare yourself to anybody else. Why not set yourself some weekly targets on the calendar on Page 3?

The World Health Organisation (WHO) recommends 150 minutes of moderate exercise per week. It is unrealistic to try and achieve this straight away, especially if you haven't exercised in a long time. Start small, aim for 50 minutes a week, then 100 and then 150.

You will see more benefit from gradually building up your exercise tolerance rather than tiring yourself out in your first week of returning to exercise.

Tracking your progress is a good motivator for yourself and it can help you modify your goals going forward. You can complete this regardless of the type of exercise you are doing. Keep track of distance and time that you've jogged and aim to build it up. Keep track of the weight you are lifting and aim to build it up gradually.

It is easier to keep up habits by doing something that you enjoy. For example if you don't enjoy exercising alone, perhaps try an online class. If you're a competitive person, doing something that you really enjoy can push you that little bit further to

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keep going. Fitbit, Stridekick and Strava are just some of the Apps available where you can set up competitions with friends.

Music can also make or break a workout or exercise session, and studies show that it can push you that extra little bit further. Why not create a playlist of songs that lasts the same length that you want your activity to last? Some people like to listen to audiobooks or podcasts whilst they walk or run too - give it a go and see if listening distracts you to keep going further!

You're not alone if you're missing your workout buddies or long walks with friends to catch up and have the chats.

Perhaps agree with a friend to take part in an online class? It provides structure and by setting a time with a friend it is much easier to ensure that you both get out and don't cancel your exercise plans. Another thing to try is a virtual walk - have a call whilst all out walking separately and socially distanced.

Much like a meeting at work, if you want to make sure it's done then schedule it in – set aside 30 minutes, 5 times a week and stick to it. Make exercise a priority and you'll see the benefits faster.

Is a lack of energy keeping you from staying active? We'll look at a few key areas where small lifestyle changes can be made, including ensuring that you are hydrated, getting your 5-a-day and prioritising sleep!

As great as it is to make healthy changes for

a month, unless they are maintained the benefits will be short-lived. Before the end of the month and end of the challenge, ask yourself some questions:

- What am I benefiting from making these healthy changes?
- What will I lose if I give up on these healthy changes?
- Can I realistically keep up these changes? If not, how can I make the changes more realistic?
- Am I thinking long-term with my health? If not, how can I keep up the changes long-term?

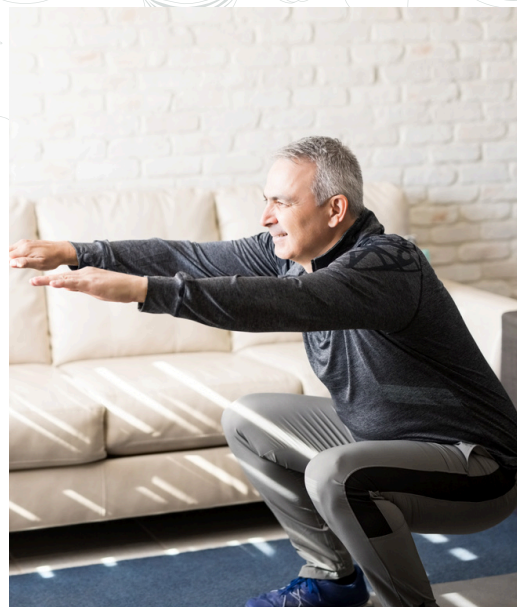
This is not a quick fix and it won't drastically change your health overnight, but when it comes to your health, slow and steady wins the race.

We hope that you can see the positive effects that increased movement and other small changes can make to your energy and wellbeing.

- The Spectrum Health Team.

February 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1	2	3	4	5	6	7	Week 1 Goals:
8	9	10	11	12	13	14	Week 2 Goals:
15	16	17	18	19	20	21	Week 3 Goals:
22	23	24	25	26	27	28	Week 4 Goals:



Planning My Week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snack							

- **Shop online: this gives you control over what you will buy, and delivery saves you time.**
- **Write a list: aim for a variety of fruit and veg, proteins and carbohydrates.**
- **Schedule in some time to prepare your food, but not so much as to make it a burden.**
- **Include some healthy snacks to keep you going through the day, combining some protein + carbohydrate.**
- **Aim for 5-7+ servings of fruit and vegetables every day: 1 medium sized fruit (80g) = 1 serving or 1 cup of vegetables (cooked, raw, soup or salad) = 1 serving.**
- **Check your fibre intake: the recommended guidelines are 30g per day.**
- **Drink plenty of water! Aim for 2 litres (women) or 3 litres (men) each day. Why not use a bottle and refill when necessary to help keep track?**
- **Establish a regular meal pattern (no skipping meals or long gaps). Not only will this give you a constant supply of energy, but it will also prevent you from becoming ravenous and ultimately losing control over your food choice.**
- **Be realistic: keep it simple and do what works for you.**

Avoiding Back & Neck Pain When Working From Home.

Do you find that working from home has given you an ache in your back? A pain in your shoulders? Or is it even a pain in your behind?!

Many of us are working in a very different environment than we're used to at the moment, and this means we have put our body (and mind!) in a different position to what it's used to.

Office workers usually spend 70% of their eight hour day sitting, and a change to working from home will probably increase this amount. So, you'll probably be spending even more time sitting down, but also spending more time hunched over a laptop. The result? You're more likely to get discomfort in your neck, shoulders and back.

So, how can you help prevent this?

- Change position **every 30 minutes** - set yourself a reminder on your phone or online calendar.
- Keep yourself hydrated - **walk to get water** regularly.
- Whenever you start to feel uncomfortable, **stand up and stretch**.
- Be creative and use other things in your home to make **a standing desk**. Cardboard boxes can work well or try a chest of drawers.
- **Sit less!** Try standing during online meetings and telephone calls. The ironing board might come in handy after all!
- If you are chairing an online meeting, why not try initiating a **standing culture** at the start?
- If you have more than one toilet in your house, **use the one furthest away** from where you are working.
- Move more by combining every other 30-minute stand up with walking laps around your house. If you have stairs, make sure that you include them in your lap.
- Use your lunch break and **get moving!** Aerobics in your garden, marching on the spot outside your front door, lunges down your hallway, walking up and down the stairs - they all count towards your daily activity guideline of at least 30 minutes a day.
- Make your new office space **more comfortable**: get a laptop stand (or use some books) and get a wireless or plug in keyboard. This will help avoid that common slouchy posture.

And if you're doing all of these things but still struggling with pain, don't just carry on and hope it will go away. Get in touch with us to [book a video consultation with a chartered physiotherapist](#).

Keep On Moving.

- Fake a commute! Why not get up, dressed and out for a walk before you sit down at the computer?**
- Planning a morning activity? Lay out your clothes and shoes so they're ready to go.**
- Better yet, pop your clothes on the radiator first so that they're cosy and warm!**
- Make breakfast and lunch as easy as possible, so you can really use your break times.**
- Download a good weather App and check the night before when to schedule your outdoor time.**
- Actually schedule your movement into your calendar! Make time for yourself and keep it.**
- Encourage a friend to join you virtually, so you can walk together and stay accountable.**
- Move while you wait! For the kettle to boil, for the microwave to finish, for people to join calls.**
- Team talks! Why not have some of your meetings as everyone goes for a walk?**
- On the hour, every hour. Set a timer to move around and take a few steps.**



3,000 Steps 30 Minutes

You don't always have to leave your house to get your steps in! Try our no-equipment workout that can rack up about 3,000 steps on your fitness tracker. You will need an interval timer - set it to 10 exercises x 3 rounds, with 45 seconds work and 15 seconds rest. Take a 30-second break in between rounds.

1. Lunges

2. Star Jumps

3. Side Lunges

4. A-Steps

5. Run On Spot

6. Butt Kicks

7. Step Ups

8. High Knees

9. Skaters

10. Skipping

Follow our social media channels to see a video of the exercises demonstrated by one of our physios.

Are You Sleep Deprived?



Let's think about your week last week. On average, how many hours did you get of quality sleep per night? The Harvard School of Health recommends that adults should aim for 7-9 hours of sleep per night. Sleep is a requirement, not a luxury - we are not robots. Our bodies need sleep in order to recuperate and re-energize. Technology can function 24/7 but humans can't.

Is binge watching Netflix, aimlessly scrolling through social media or checking emails eating into your sleep time? It is not uncommon to log on to social media to check a message only to log off hours later.

You may find that you are irritable, low in energy, having trouble concentrating or remembering things. You might feel grumpy, down in the dumps and generally just not feeling at the top of your game. You might find that you make silly mistakes like putting your phone in the fridge and bringing the milk to work. The reality is that when you don't get enough sleep, your energy suffers and then everything in life just seems harder.

- **Create a sleep schedule** – what time do you have to wake up? Now count 8-9 hours backwards. This is your new bedtime. Try to keep it consistent and then falling asleep will become easier. Like all new habits, this will be tough in the beginning, but you will be soon sleeping like a baby when your body gets used to the new routine.
- **Create a bedroom designed for sleep** – eliminate technology, keep the room at a comfortable temperature, nurture a relaxing environment which promotes rest and winding down.
- **Use sleeping aids** – earplugs, eye masks, scented pillow sprays, black out curtains and other devices have been designed to make sleeping easier.
- **Rest your mind before bed** – listening to 10 minutes of mindfulness, using Apps like Calm or Headspace, can be a great way to rest the mind so that you can nod off easily.
- **Nap only if necessary** – night owls and shift workers are at the greatest risk for sleep debt. Napping for an hour or two at the peak of sleepiness in the afternoon can help to supplement hours missed at night. But naps can also interfere with your ability to sleep at night and throw your sleep schedule into disarray.
- **Limit caffeine and alcohol** – try not to drink these close to bedtime, as quality sleep can be disrupted.
- **Exercise regularly** – join us on our movement challenge!
- **Check in with your GP** – if you are sleeping for enough hours but don't feel rested, have a chat with your doctor as many underlying medical conditions can affect sleep, e.g. sleep apnoea.

A wooden cutting board with a handle cutout is placed on a dark, vertically-grained wooden surface. In the top right corner of the board, there is a small sprig of fresh basil. In the bottom left corner, there is a sprig of fresh rosemary, two peeled garlic cloves, and several black peppercorns. A white rectangular box is centered on the board, containing the word "Recipes." in a bold, dark blue font.

Recipes.



Baked Carrot Cake Oats.

Ingredients (makes 10)

- 200g oats
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground cloves
- 75g raisins
- 2 medium carrots, peeled and grated
- 2 eggs (or 2 tbsp ground flaxseed, mixed with 6 tbsp water left for 10 mins)
- 1 tsp vanilla extract
- 500ml milk of choice



1. Preheat the oven to 180°C and line a muffin tray (no need if using silicone).
2. If using the flaxseeds instead of the eggs, ensure you mix with water now before starting.
3. Measure out your dry ingredients into a bowl and stir.
4. Add the carrots and raisins, mixing again, then add your eggs/flaxseeds and milk.
5. Spoon your mixture into the muffin tray.
6. Bake for 20-25 minutes until set in the middle and golden on top.
7. Serve warm with yoghurt and fresh fruit.



Freeze me! Take me out the night before to defrost and warm me up in the microwave.

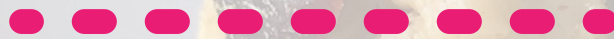
Blender Banana Pancakes.

Ingredients (serves 2)

- 1/2 cup flour of choice (e.g. plain, buckwheat, spelt)
- 1 banana
- 1/2 cup milk of choice
- 1 tsp baking powder



Double or triple the quantities as necessary to scale the recipe up.



1. Measure out your ingredients and place into a high speed blender or food processor.
2. Blitz on high until fully combined and there are no lumps from the flour.
3. Heat a pan on medium heat. Place a tiny amount of coconut oil on the pan. Ensure it's greased but no need for excess oil.
4. Drop spoonfuls of the mix onto the pan. Leave to cook until bubbles form, then flip.
5. Serve with toppings of choice (e.g. yoghurt, fresh fruit, fruit compote, nut butter, granola) or let cool and freeze, to reheat in a toaster for another morning!





Veggie-Loaded Flatbread.

The great thing about this recipe is that you can clear out the fridge with any veggies or quantities you have on hand! Roast any veg you have in a small amount of olive oil and sprinkle of salt until cooked through and keep in a sealed container in the fridge for 3-4 days.

A mixture of aubergines, courgettes, artichokes, bell peppers, cherry tomatoes, red onions and olives works really nicely here. They will need to be cooked in advance of beginning this recipe.

You'll also need some shop bought flatbreads and hummus, plus any additional toppings.

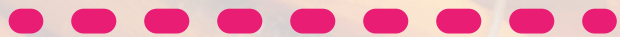


1. Warm up your flatbread and spread some hummus on top.
2. Add your roasted veggies and any other toppings you may like: crumbled feta, torn basil or toasted nuts/seeds.

Creamy Carrot & Parsnip Soup.

Ingredients (serves 4-6)

- 400g parsnips, peeled and chopped into 3cm chunks
- 400g carrots, peeled and chopped into 3cm chunks
- 1 onion, peeled and chopped into 6 wedges
- 2 tbsp olive oil
- 2 tbsp fresh thyme
- 1 tin low fat coconut milk
- 1 tin white beans, drained and rinsed
- 500ml vegetable stock

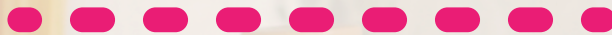


1. Preheat your oven to 180°C.
2. Toss your peeled and chopped parsnips, carrots, onion and thyme with the olive oil.
3. Roast for 30 minutes, or until soft.
4. When cooked, add the contents of the vegetable tray to a large pot, with the coconut milk, drained beans and vegetable stock.
5. Season with salt and pepper, and serve hot.
6. If reheating the next day, you may need to add additional liquid.

Creamy Salmon Pasta.

Ingredients (serves 1)

- 1 salmon fillet
- 100g whole wheat linguine or spaghetti
- 2 tbsp half fat creme fraiche
- 1/2 cup frozen peas
- 1 lemon, zest and juice
- 1/2 cube low sodium vegetable stock cube
- 1 tbsp fresh parsley, chopped
- 1 clove garlic, finely minced
- 1/2 cup broccoli florets



1. Preheat your oven to 200°C.
2. Lay the salmon fillet on a baking tray lined with foil.
3. Mix together the minced garlic, lemon juice and add some black pepper. Pour over the salmon and bake for 15-20 mins.
4. While the fish is cooking, cook pasta as per packet instructions.
5. Cook the peas and broccoli in boiling water with the stock cube until soft (5-10 mins)
6. Drain the stock from the vegetables, and add the lemon zest, creme fraiche and parsley, removing from heat.
7. When the pasta is cooked, drain the water and add to the vegetable mix, stirring to coat in the sauce.
8. Put it on a plate or into a bowl, topping with the salmon and serve hot.



Lentil & Sweet Potato Curry

Ingredients (serves 2)

- 2 tbsp vegetable or olive oil
- 1 red onion, chopped
- 1 tsp cumin seeds
- 1 tsp mustard seeds (any colour)
- 1 tbsp medium curry powder
- 100g red or green lentils
- 2 medium sweet potatoes, peeled and cut into chunks
- 500ml vegetable stock
- 400g can chopped tomatoes/passata
- 400g can cooked chickpeas, drained
- 50g fresh coriander, chopped (optional)



1. Heat the 2 tbsp of oil in a large pan, adding in the red onion and cook for 5-7 mins until soft.
2. Add the cumin seeds, mustard seeds and curry powder, cook for 1 more minute.
3. Stir in the lentils, sweet potato chunks, vegetable stock and can of tomatoes/passata.
4. Bring to a boil, simmering for 20 minutes until the lentils and sweet potatoes are tender. Add the drained can of chickpeas.
5. Season with salt and pepper, adding the coriander.
6. Serve with brown rice or wholemeal pitta bread.

Snack Ideas.

- **30g nuts & a piece of fruit (e.g. banana)**
- **Dark chocolate rice/corn cake + 1 tbsp almond butter**
- **125g low fat yoghurt (no added sugar) + 1/2 cup berries + 1 tbsp seed mix**
- **Veggie sticks (e.g. carrots) or 3-4 oat cakes + homemade guacamole**
- **Energy balls or bars made with wholefood ingredients (i.e. dried fruit, nuts, seeds, oats)**
- **Falafel balls dipped in hummus - bake to heat and avoid excess oil**
- **Slice of wholegrain toast + 1 tbsp peanut or almond butter + 1 banana sliced**
- **Protein shake: 200ml low fat milk or unsweetened dairy-free alternative + 1 scoop protein powder + 1 banana + 1 tsp unsweetened cocoa powder**
- **DIY trail mix: Mix 30g nuts + 1 medium box of raisins or 30g other dried fruit**
- **Spread 1 tbsp light cream cheese onto a rice cake. Try a sweet twist by adding sliced berries with a sprinkle of cinnamon on top!**
- **Savoury oatcakes: slice 1/2 an avocado and sprinkle with sea salt, or spread some hummus + 1 tsp pesto on top.**
- **Mix 2 tbsp hulled hemp seeds + 2 tsp honey/maple syrup into 125g low fat Greek yoghurt**
- **1 small bag of air popped popcorn**
- **1 soft boiled egg + 1 slice wholemeal toast cut into dippers**

Additional Resources



[The Physio Company Blog](#)



[Spectrum Nutrition Blog](#)



[Book A Physio Appointment](#)



[Book A Podiatry Appointment](#)



[Book A Nutrition Appointment](#)





Spectrum Health

95 Merrion Square West

Dublin 2

1890 333 777

www.spectrumhealth.ie