

# KEEPING WELL CAMPAIGN



## 1 MILLION STEPS TEAM CHALLENGE

Our challenge ended on 3rd May with **€4,054** raised for the Friends of Kerry University Hospital. The funds raised will go towards the purchase of two new ventilators for the hospital.

Thanks to all the staff and students who supported this initiative and for the generous donations that were made by so many.

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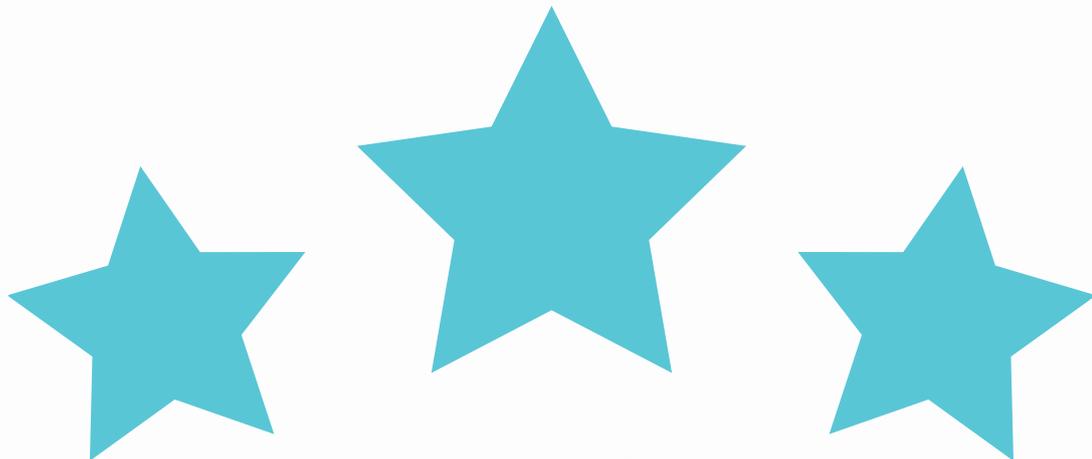
SUMMER  
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# Free online exercise classes

Looking for new exercise ideas, check out our pre-recorded classes which you can do at a time that suits you!

Simply visit [www.kerrysportsacademy.ie](http://www.kerrysportsacademy.ie) homepage and click on the "keeping well campaign" to access instructions to view exercise classes



Tabata Upper body



Tabat Lower Body



Tabata Cardio



5 minute AMRAP



Mobility Session



# Essential Vitamins

Vitamins are a group of substances that are needed for normal cell function, growth, and development. There are 13 essential vitamins

Vitamin A, Vitamin B, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Vitamin B1 (thiamine), Vitamin B2 (riboflavin), Vitamin B3 (niacin), Pantothenic acid (B5), Biotin (B7), Vitamin B6, Vitamin B12 (cyanocobalamin) & Folate (folic acid and B9)

Vitamins are grouped into two categories:

- **Fat-soluble vitamins** are stored in the body's fatty tissue. The four fat-soluble vitamins are vitamins A, D, E, and K.
- **Water-soluble vitamins.** They are not stored in the body. Any leftover water-soluble vitamins leave the body through the urine.



Experts agree that the best way to get the nutrients we need is through food. A balanced diet, one containing plenty of fruits, vegetables, and whole grains, offers a mix of vitamins, minerals, and other nutrients that collectively meet the body's needs.

Still, there are some reasons for certain people to take vitamins. Women should take folic acid during their childbearing years. Taking in enough folic acid helps prevent pregnant women from having a baby born with spina bifida.

Also, people that aren't exposed to sunlight too often — which can cause a lack of vitamin D — may benefit from a multivitamin. We need sunlight to change the inactive form of vitamin D in our skin to the active form. Most Irish people don't get enough sunlight and with the increased use of SPF and sun awareness - which is a good thing - so will need a Vit D supplement.

# Summer Mocktails

## Refreshing Orange Mint Mocktail

A refreshing fizzy Orange Mint Mocktail  
Perfect to chill, cool off and relax...!!

### **Ingredients**

- 2 cups orange juice
- ¼ cup lemon juice (squeezed)
- ½ cup club soda / carbonated water
- ¼ cup water
- 2 tbsp sugar
- 2-3 slices orange
- 2-3 leaves mint
- ice cubes (as required)



### **Instructions:**

- Stir orange juice, lemon juice, water, & sugar in a vessel till the sugar dissolves.
- Garnish with orange slices, mint leaves and ice cubes.
- Top with club soda.

Notes: This mocktail tastes better if prepared well in advance so that the mint and orange extracts mix well. To make the drink fizzy add soda just before you serve. Orange juice with pulp is preferred.

## Kiwi Mojito Mocktail

### **Ingredients:**

- Kiwi, chopped- 2
- Lemon- 1 big one
- Mint leaves- few springs
- Honey- 2-3 tablespoons
- Soda water- 300ml
- Ice cubes- as required



### **Instructions:**

- Halve the lemon and thinly slice them. In a mortar and pestle or in a cocktail tumbler add one chopped kiwi, half the lemon slices, few mint spring or leaves and crush or muddle the ingredients all together to release the flavours.
- In a jug or glass transfer the crushed ingredients with honey, soda water and with some ice cubes.
- Mix well and serve with some more kiwi pieces, lemon slices and mint sprigs. Note: Add a touch of pepper powder for taste variation. You could a piece of ginger while crushing or use gingerale instead of soda water.

# Top 10 Books to Read at the minute

- **Actress - Anne Enright**
- **Grown Ups - Marian Keyes**
- **American Dirt - Jeanine Cummins**
- **The Hungry Road - Marita Conlon-McKenna**
- **The Guest List - Lucy Foley**
- **The Liberation of Bridget Dunne - Patricia Scanlan**
- **Eat Up, Raise your Game - Daniel Davey**
- **Where the Crawdads Sing - Delia Owens**
- **Gaff Goddess - Laura de Barra**
- **The Sleep Lies - Andrea Mara**

