

**KERRY
SPORTS
ACADEMY**



IT TRALEE'S KERRY SPORTS ACADEMY

KEEPING WELL CAMPAIGN



1 MILLION STEPS TEAM CHALLENGE

The challenge ended on 3rd May with, to date, over **€3,794** raised for the Friends of Kerry University Hospital & over **14 million steps** taken.

You can still make a voluntary donation at www.gofundme.com and search for "ITT Step Challenge".

Thank you to everyone who has donated to date

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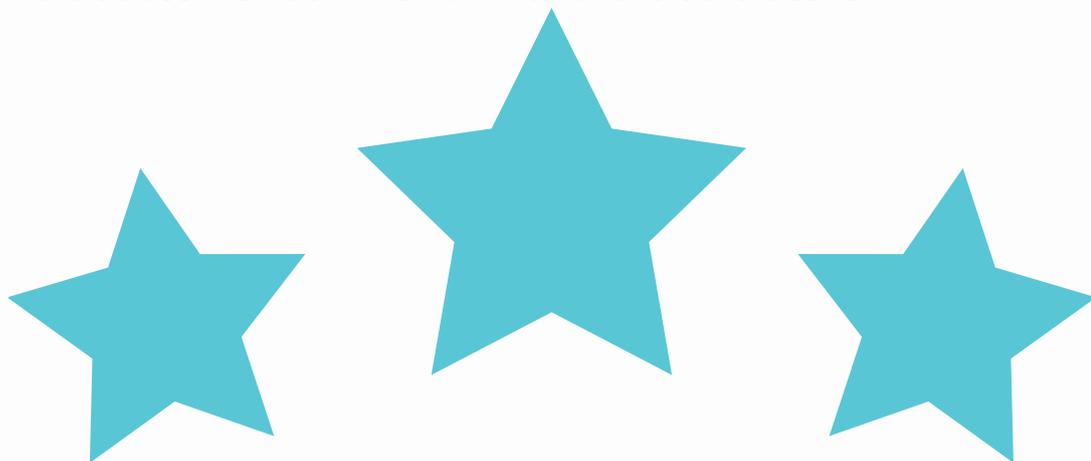
**DEALING WITH
EMOTIONS DURING
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DESK HEALTH

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 homepage and click on the "keeping well campaign" to access instructions to view exercise classes



Body Blast



Kettlebell Workout



Endurance Circuit



Cardio Tabata



Mobility Session



Understanding Macro Nutrients

There are three macro nutrients - **Carbohydrates, Protein & Fat**. Each plays an important part in body. All are needed for a balance healthy diet. Labeling any of these 3 nutrients as "bad" is dangerous and unhelpful to people trying to pursue a better way of living. In this issue we will speak about **Carbohydrates** and their role in the body.

Carbohydrates

Carbs have been given a bad name from diets such as Atkins and Keto but they play a hugely important role in the body. Carbohydrates have six major functions in the body:

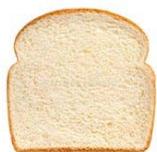
1. Providing energy
2. Regulating blood glucose
3. Sparing the use of proteins for energy
4. Breaking down fatty acids
5. Providing dietary fiber
6. Natural sweetener for foods

All the cells & tissues in the human body need carbs, especially the brain. White carbs have been demonised by the media over the years and labeling them as "bad" has made the public think they should be off limits. While wholewheat/brown carbs may contain more fiber generally the calorie content is more or less the same. Choosing brown carbs may be a slightly better choice but when it comes to weight loss and carb content both white & brown are more or less the same.

“BAD” VS **“GOOD”** CARBS

SIMPLE

COMPLEX



White Bread

75 Calories
14g Carbs
1g Fiber
3g Protein



Whole Wheat Bread

70 Calories
13.5g Carbs
1.5g Fiber
3g Protein



Penne

200 Calories
41g Carbs
2g Fiber
7g Protein



Whole Wheat Penne

200 Calories
42g Carbs
6g Fiber
6g Protein



White Rice

160 Calories
36g Carbs
1g Fiber
3g Protein



Brown Rice

170 Calories
34g Carbs
2g Fiber
3g Protein

Summer Salads

Halloumi, carrot & orange salad

Ingredients

- 2 large oranges
- 1½ tbsp wholegrain mustard
- 1½ tsp honey
- 1 tbsp white wine vinegar
- 3 tbsp rapeseed or olive oil, plus extra for frying
- 2 large carrots, peeled
- 225g block halloumi, sliced
- 100g bag watercress or baby spinach



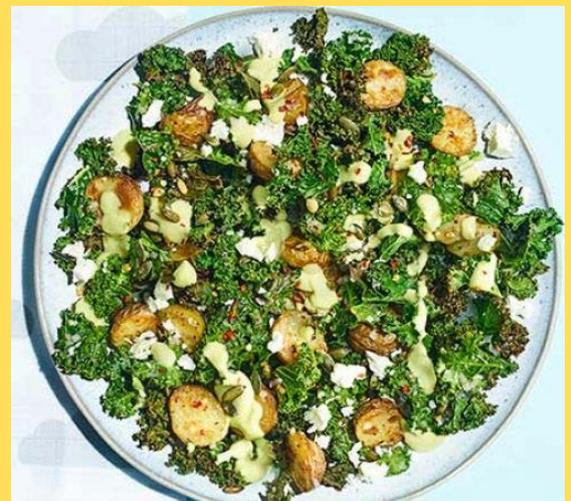
Method

- Cut the peel and pith away from the oranges. Use a small serrated knife to segment the orange, catching any juices in a bowl, then squeeze any excess juice from the off-cut pith into the bowl as well. Add the mustard, honey, vinegar, oil and some seasoning to the bowl and mix well.
- Using a vegetable peeler, peel carrot ribbons into the dressing bowl and toss gently. Heat a drizzle of oil in a frying pan and cook the halloumi for a few mins until golden on both sides. Toss the watercress through the dressed carrots. Arrange the watercress mixture on plates and top with the halloumi and oranges.

Roasted new potato, kale & feta salad with avocado

Ingredients

- 200g Jersey Royal potatoes, halved
- 2 garlic cloves
- 2 tbsp cold-pressed rapeseed oil
- 1 lemon, juiced, 1 shallot, chopped
- 200g bag kale
- 1 small ripe avocado, flesh scooped out
- ½ tsp Dijon mustard
- 25g feta (or vegetarian alternative), crumbled
- ½ -1 tsp chilli flakes
- 1 tbsp pumpkin seeds, toasted

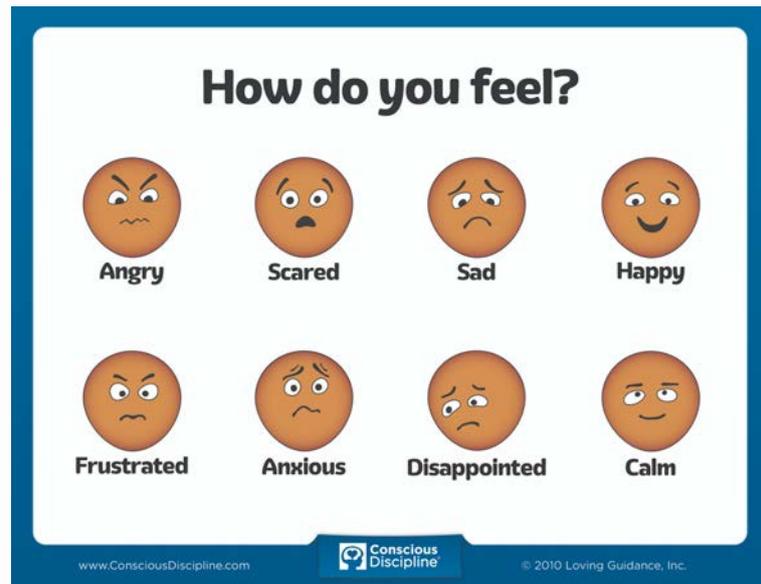


Method

1. Heat oven to 200C/180C fan/gas 6. Boil the potatoes for 10 mins until tender, drain & leave to steam dry. Toss the potatoes in a large roasting tin with garlic, drizzle 1 tbsp oil & season. Roast for 20 mins.
2. While the potatoes are roasting, squeeze half the lemon juice over the shallot and half of the kale, season, then massage gently to encourage the kale to soften.
3. Remove the garlic cloves from the oven. Put the rest of the kale on top of the potatoes, drizzle over a little oil, season and return to the oven for 5 mins until crisp.
4. Meanwhile, blitz the garlic, avocado, mustard, remaining oil and lemon juice together, add enough water to create a smooth dressing and season to taste. Mix the potatoes and cooked kale into the raw kale salad and tip onto a platter. Drizzle over the dressing, then top with the feta, chilli flakes and pumpkin seeds.

Dealing with emotions during Lockdown

During the week a listener wrote into a radio station saying that they were experiencing emotions during lockdown that they had never felt before. In particular this person was feeling anger but for no justified reason. Niamh Fitzpatrick a psychologist came on air to speak about the listeners situation.



Niamh's advice was incredibly useful not just for anyone who might be feeling the same way as the listener, but also anyone who is struggling with any kind of emotions during these times. She said it's important not to pathologise the emotions we're feeling right now. While this person may never have had a short fuse before, they have also never lived through a global pandemic before either and they are dealing with a lot right now. She quoted Viktor Frankl who said "**An abnormal response to an abnormal situation is normal behavior**".

Niamh said that anger is usually the emotion on the top and underneath it lays the real culprit – fear, frustration or pain of some sort, and she gave some very valuable advice on how to identify the source of this fear, frustration or pain. She went on to remind us that things won't always be this way, and that we just need to survive it.

Take 10mins to listen to this interview as it could be of great use to yourself or someone you know who is going through a difficult time in lockdown

<https://www.todayfm.com/podcasts/maireadronan/psychologist-niamh-fitzpatrick-helps-listener-struggling-manage-emotions-lockdown>

Stretches to do at your Home Desk



1. Neck Rolls

Sit up straight and start by tilting your head slightly to the left until the right side of your neck tightens. Hold it there for a few seconds, then slowly roll it forward until your head is tilted to the right. Tip: Don't roll your head backward! Always go forward.



2. Shoulder Rolls

Shoulder rolls can relieve built up stress in the shoulders and upper back by improving the range of motion of the shoulder joints. Imagine tracing a circle with your shoulders. Do a few forward circles first and then a few in the other direction.



3.Side Stretch

A good side stretch will release tension from the muscles that attach to the ribs and the muscles between them. You'll also help to create more space for the lungs, diaphragm, heart, and digestive organs. Reach your left arm up toward the ceiling and rest your right arm anywhere that's comfortable — such as on your armrest. Lean your torso to the right as you keep reaching and lengthening your arm as much as possible, so you feel a nice stretch on the left side of your abdomen. Hold for 20 seconds or longer and repeat on the other side.



3.Cat-Cow Stretch

Another popular yoga pose is cat-cow — one of the most basic and beneficial stretches you can do for your back. In addition to increasing the flexibility of the spine, it also releases tension in the neck, shoulders, back, and torso while also providing a gentle massage for the abdominal organs. Sitting up straight with your hands resting in your lap, slowly inhale as you arch your back by pushing your hips forward and opening your chest. Then exhale as you roll your hips back, curl your shoulders forward, and lower your chin toward your chest.