

# KEEPING WELL CAMPAIGN



## 1 MILLION STEPS TEAM CHALLENGE

Over 180 people have signed up for the

### "1 Million Steps Challenge so far!"

We want to encourage more people to get involved so please spread the word and don't forget we have a Go Fund me page to raise money for the Friends of University Hospital.

The challenge officially starts on Thursday 23rd April and will run for 14 days until May 6th. But teams can start later if they wish. Contact us at [kerrysportsacademy@ittralee.ie](mailto:kerrysportsacademy@ittralee.ie) to sign up

#### SPOT PRIZES

Send us a picture to our Facebook page

Prizes will be given out throughout the challenge for Best scenery photos, Best sweaty selfie, Best step buddy (pets and family members), Best Step Team Selfie Collage

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# FREE ONLINE EXERCISE CLASSES

We have several fitness class videos in our library for beginners through to advanced fitness levels. We have some new exciting classes on the way..... check back into our library each day to find new classes:

- [Boxercise with Patryk](#)
- [Yogalates with Gavin](#)
- [Zumba with Judy](#)
- [1000 Challenge Class with Maria](#)
- [Core Express with Maria](#)

## Interested?

Simply visit our website and follow the instructions  
<http://kerrysportsacademy.ie/keeping-well-campaign/>



# LOCKDOWN LARDER

**Want to reduce your trips to the shops and still eat healthy meals? You can eat healthily with the food already in your cupboards and in your freezer!**

During this challenging time, certain foods can be hard to come by. We all love fresh fruit & veg and of course these can be bought when you shop – but as we are staying home more and shopping less you can plan your meals & your shopping lists to include a variety of foods which will keep you going until your next shop. Eating a varied diet benefits your immune system and tends to be better for your gut (70% of your immunity is in your gut).

So instead of thinking ‘what do I want for breakfast, lunch or dinner?’ ask yourself ‘how can I make use of what I’ve got?’! Check out our recipes for inspiration

# LARDER RECIPES

## Banana and Walnut Muffins

(makes roughly 9)

2 very ripe bananas

2 eggs

1 tbsp honey (you may not need the honey if the bananas are very ripe)

2 tbsp olive oil

50ml milk

50g oats (plus extra for dusting/sprinkling)

100g wholemeal flour

1 tsp baking powder

50g walnuts, chopped (or pecan nuts if you prefer)

### Directions- (makes roughly 9 muffins)

1. Preheat oven to 180C/160C fan/ Gas 4
2. Line muffin tray
3. Mash bananas in a large bowl.
4. Beat in the eggs with honey (if using), oil & milk
5. Add the oats, flour & nuts and mix together
6. Spoon mixture into the muffin cases & sprinkle with the extra oats
7. Bake for 15 - 20 minutes or until a skewer inserted in middle comes out clean

## Tuna Pasta Bake (serves 4)

Have a look in your cupboards - are there tins gathering dust at the back? Despite dusty appearances they can be nutritious! Tinned tomatoes, tuna, passata, dried herbs & pasta? You have the makings of a nutritious meal right there.

### Ingredients

2 tbsp rapeseed oil, 1 onion, finely chopped, 2 garlic cloves, chopped or pressed, 3 tins of tuna, drained  
1 tsp dried oregano, 1 tsp dried thyme, 300ml passata, 1 tin of chopped tomatoes, 100g cheddar, grated  
300g wholemeal pasta

### Directions

1. Preheat oven to 200C, Add oil, onion & garlic to frying pan and fry for 5 to 10 minutes.
2. Add passata, chopped tomatoes & dried herbs and turn up the heat until bubbling. Reduce to a simmer while you make the pasta.
3. Cook pasta in a large saucepan of boiling water as per instructions on the pack. Once cooked, drain immediately.
4. Stir tuna through the sauce
5. Mix pasta & tuna/sauce and place in an ovenproof baking dish. Sprinkle the cheese over the pasta
6. Place in the oven for 15 to 20 minutes until cheese has started to brown. Serve with salad, if available



# COVID-19 & NUTRITION

There's no specific food guaranteed to protect you from the coronavirus so general healthy eating guidelines are the best advice for now. There have been various reports & WhatsApp messages doing the rounds advising on strategies to avoid getting the coronavirus and also on how to treat the virus. The nutrition aspects of many of these "survival guides" should be taken with a grain of salt! And always ask your GP for advice if you are in doubt.

The WHO advise on adopting good sleep, activity and dietary practices, if you feel stressed during the outbreak. It is implicit in the WHO advice that optimal lifestyle practices (sleep, activity and diet) can support health and may prevent ill health. However, the bottom line is that there is no magic pill or a specific food guaranteed to bolster your immune system and protect you from the coronavirus.

Nevertheless, there are real ways you can take care of yourself and give your immune system the best chance to do its job against any respiratory illness. A healthy diet is important to maintain a functioning immune system. However, no single food or natural remedy has been proven to ward off disease.

For many years, high dose vitamin C consumption has been part of cultural practice when suffering with a cold or flu. Studies have shown regular vitamin C supplements had several benefits, including reduced cold severity and duration. Supplements decreased recovery time by 8% in adults and 14% in children, on average. A supplemental dose of 1-2 grams was enough to shorten the duration of a cold by 18% in children, on average.

Zinc supplements and lozenges are another popular remedy for fighting off colds and respiratory illness. Some studies have found that zinc lozenges may reduce the duration of cold by about a day and may reduce the number of upper respiratory infections in children. However, the data on zinc are mixed.

The data on vitamin D and immune function is also equivocal. Vitamin D, often referred to as the sunshine vitamin, is found in fatty fish, such as salmon, and in milk or foods fortified with vitamin D. A more recent analysis of 25 randomized controlled trials of 11,000 patients showed an overall protective effect of vitamin D supplementation against acute respiratory tract infections. The research is not conclusive, and some studies of vitamin D have not shown a benefit.

A healthy diet is important to maintain a functioning immune system, but no single food or natural remedy has been proven to ward off disease.

It has long been known that an individual's nutritional status can influence their susceptibility to and their response to infection. Adherence to general healthy eating guidelines, and consuming adequate fluids seems like the best advice for now. The last word should go to Hippocrates, the founder of the concept of food as medicine: "if we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

**EXCERPTS FROM AN ARTICLE BY DR CATHERINE NORTON  
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCES,  
UNIVERSITY COLLEGE LIMERICK**

# ROUTINE

*CREATING A ROUTINE IS A DIFFICULT TASK AT THE MINUTE SO MOST IMPORTANTLY DON'T CUT YOURSELF UP IF THINGS DON'T ALWAYS WORK OUT AS PLANNED. YOU CAN ONLY DO YOUR BEST AND YOU CAN START THE NEXT DAY LEARNING FROM WHAT WENT WRONG.*

Over the last few weeks everyone's routine has been thrown out the window. For the most part the majority of us never really had to think about creating a daily routine as we had certainties in the day - work, bringing the children to school, going to college, going to the gym etc. Now that these are gone we need to take control of our day and structure it in a way that works for us.

If at this point you haven't set a proper routine have a think about the things you have to do every day - work from home, homework with the children, making food etc. Assign a time line to each activity that is as close as possible to you and your families normal routine so for example if you are working from home its from 9am -12pm and 1pm-5pm. If you are doing homework with the children it may be from 10am - 12pm and 2pm - 3pm.

Then think about what you need to do to prepare for each task so if you start working at 9am give yourself 30mins to prepare for that - maybe go for a 5min walk to wake up, have your shower and coffee and get dressed as you usually would.

Similarly with your children try to keep their morning the same - get them up and have breakfast before starting the days school with them.

One of the most important things is to keep sleep regular - try to go bed and get up at the same times as you usually would. When we return to normal this will make life a whole lot easier. Also keep the times you eat at the same also so that you aren't picking at food all day long. Still have your breakfast, lunch and dinner.

Finally create some time for yourself. As we are all stuck in the house together it is so important to get some alone time. This may be just 15mins were you go into a room on your own but ensure it is a time for you. By knowing this time is there for you each day it will get you through those stressful situations that will most definitely arise.

Creating a routine is a difficult task at the minute so most importantly don't cut yourself up if things don't always work out as planned. You can only do your best and you can start the next day learning from what went wrong.



# Children's Activities!

## Wake up Feet

## FOR TODDLERS

### How to play:

Sing the song and encourage your child to move the various body parts:

*“Wake up feet, wake up feet Wake up feet and wiggle, wiggle, wiggle Wake up feet, wake up feet Wake up and wiggle in the morning”*

Also add other body parts: hands, ears, knees, fingers, hips, etc.

## Bread and Butter

### How to play:

Encourage your child to place both their hands on thighs and then clap hands together for each sentence below:

*“Bread and butter*

*Marmalade and Jam*

*Let's say hello*

*As quiet as we can”* (whisper: hello)

Repeat chorus and add different actions each time as below

Let's say hello loud as we can (shout hello)

Let's say hello slow as we can (say hello slowly)

Let's say hello fast as we can (say hello quickly)

Let's say hello high as we can (say hello in high pitched voice)

Lets say hello low as we can (say hello in a deep voice)

## Spider in the Air

### How to play:

Sing the song below and complete movements in brackets. Use a towel, piece of fabric /ribbon to move as "the spider"

*There's a spider in the air, in the air (pinch scarf in the middle, then flap it in the air like a spider)*

*There's a spider in the air, in the air*

*There's a spider in the air, now he's flying in my hair (put "spider" on hair)*

*There's a spider in the air, in the air.*

*There's a spider on my leg, on my leg (put "spider" on leg)*

*There's a spider on my leg, on my leg*

*There's a spider on my leg, and he is pretty big*

*There's a spider on my leg, on my leg.*

*There's a spider on my hand, on my hand (put "spider" on hand)*

*There's a spider on my hand, on my hand*

*There's a spider on my hand, but now he is my friend*

*There's a spider on my hand, on my hand*

*There's a spider on my tummy, on my tummy (put "spider" on tummy)*

*There's a spider on my tummy, on my tummy*

*There's a spider on my tummy, maybe now he'll fly on mommy*

All children's  
activities  
are available  
on video