

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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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



Upper Body Endurance



Lower Body Endurance



Cardio Endurance



5 minute AMRAP



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 **Protein** and its role in the body.

Protein

Some of the main functions of protein within the body are listed below:

1. Protein builds and repairs tissue
2. Protein is used to make enzymes, hormones, and other body chemicals
3. Protein is an important building block of bones, muscles, cartilage, skin, and blood.

Meeting your protein needs is easily achieved from eating a variety of foods. Protein from food comes from plant and animal sources such as meat and fish, eggs, dairy products, seeds and nuts, and legumes like beans and lentils. Choosing lean forms of protein with low levels of fat is best when possible.

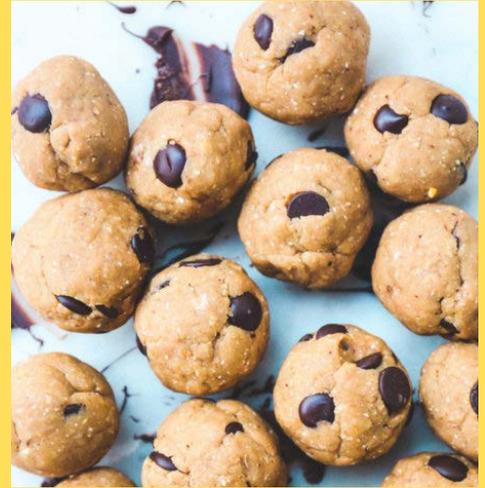


Sweet Treats

Protein Cookie Dough Balls

Ingredients

- 1 x tin(400g) chickpeas rinsed and drained
- 35g oats(you can use GF oats here too)
- 5 tbsp. maple syrup
- 4 tbsp. Smooth or crunchy peanut butter
- 60g protein powder(any flavour)
- 60g dark chocolate chips



Method

- Place the oats in a food processor and blend into a thick flour consistency.
- Add the rest of the ingredients (except for the chocolate chips) and blend on high until a smooth dough texture is formed.
- Tip the dough into a bowl and stir in the chocolate chips.
- Using your hands roll into balls.
- Store in the fridge for up to 6 days.

Nutty Chocolate Mince Pies

Ingredients

- 140g Pecans
- 80g hazelnuts or almonds
- 1 orange zest and juice of 1/2 the orange
- 1/2 tbsp cinnamon
- 1 tsp mixed spice
- 60g dried cranberries
- 100g raisins
- 3 tbsp. maple syrup
- 1 tsp vanilla extract
- 1 tsp almond extract(optional)
- 400g dark chocolate melted

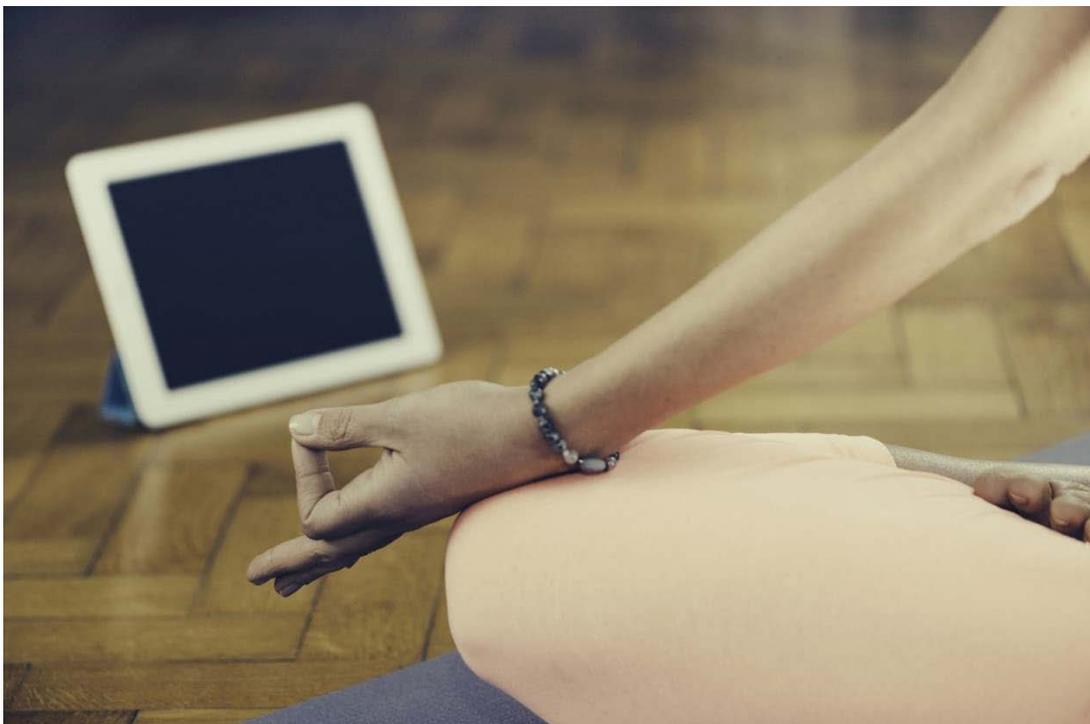


Method

- Start by toasted the nuts. Place the pecans and hazelnuts on a flat tray and set to the oven for 12-15 minutes at 180°C, until slightly browned.
- Chop up the nuts or crush using a pestle and mortar into chunks .
- In a bowl combine the chopped up nuts, dried fruit, spices, orange zest and juice, maple and extract to make the mince.
- (THIS STEP IN OPTIONAL)Take half the mix and blend it in a food processor for a few seconds into a chunky dough and stir it back into the mince, this creates a nice mix of smooth and crunch to the mince.
- Prepare 10 paper cups on a flat tray(to lift in and out of the fridge or freezer)and add 1 tbsp of melted chocolate to each using the back of the spoon to spread it out. Set to the freezer to firm up.
- Add 1 heaped tbsp. of mince into each cup case over the hardened chocolate and press flat using the tips of your fingers.
- Pour over the rest of the melted chocolate until the mince is covered.
- Store in the fridge for up to 12 days.FYI-there will be 2 tbsp of mince left just for nibbles !

5 Meditation Apps to Use at Home

- 1. Headspace** - Headspace is a popular, easy-to-use app which also has guided meditations and allows you to choose a 'pack' at a time. For example, there's a starter pack, a 10-day pack, various themed packs and so on.
- 2. Calm** - This meditation app provides sessions based around themes like music, sleep or relaxation. Calm are also offering a selection of tools in response to coronavirus.
- 3. Mind Valley** - This digital learning platform offers a range of ways to achieve personal growth, including meditation.
- 4. Insight Timer** - This app tells you exactly how many other people around the world are using it at the same time, making it very useful for those currently in self-isolation. It offers a range of meditation teachers and allows you to virtually buddy up with other people. You can also measure your progress by how many minutes or days you've spent meditating.
- 5. Happify** - For those who get distracted easily while meditating, Happify is perfect. It uses gaming techniques to keep your attention while helping to build good meditation and mental habits.



Breathing Techniques to Reduce Stress

Breathing exercises can help you relax, because they make your body feel like it does when you are already relaxed. Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. Try the below exercise to see how effect deep breathing is.

4-7-8 breathing exercise

an easy way to pull your body out of stress
can be done anytime, anywhere

inhale for a count of 4
hold for a count of 7
exhale slowly for a count of 8

repeat 4x