

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, nearly **€3,900** 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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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 **Fats** and their role in the body.

Fats

It's easy to think that the more fat you eat, the more fat you'll retain. This isn't necessarily true. Fat is essential for the body to function properly. Some of the main functions of fat within the body are listed below:

- 1.Promotes Absorption of Fat-Soluble Vitamins
- 2.Supports Optimal Health
- 3.Provides Energy
- 4.Insulates the Body
- 5.Boosts Brain Function

Healthy fats help with vitamin absorption, supply the body with essential fatty acids it doesn't make by itself, and gives the foods we love the flavor and texture that makes them enjoyable. That said, not all fats are equal. It is best to replace as much saturated fat (meat, butter, cream) and trans fat (found in processed foods) with the healthier plant-based unsaturated fats found in foods like nuts, avocados, olive oil, etc.

9 OF THE HEALTHIEST FAT SOURCES

@FitnessFT_



AVOCADO



SALMON



EGG YOLKS



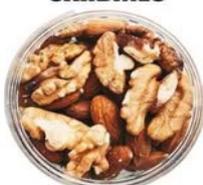
SARDINES



OLIVES



CHIA SEEDS



NUTS



SUNFLOWER SEEDS



PEANUT BUTTER

Veggie Side Dishes

Peas, beans, chilli & mint

Ingredients

- ½ a bunch of fresh mint , (15g)
- 200 g fresh podded or frozen broad beans
- 200 g fresh podded or frozen peas
- 1 fresh red chilli
- 1 lemon

Method

- Rip off and reserve the top leafy half of the mint. Put the stalks in a pan of boiling salted water, then add the beans and peas to cook for 4 minutes.
- Meanwhile, halve and deseed the chilli and finely chop with the top leafy half of the mint. Place in a bowl, finely grate over a little lemon zest, then squeeze in all the juice.
- Add 2 tablespoons of extra virgin olive oil, mix, taste and season to perfection with sea salt and black pepper.
- Drain the beans and peas, reserving a mugful of cooking water and discarding the mint stalks. Pinch the skins off any larger beans, then pour the beans and peas on to a platter, toss with a few splashes of reserved cooking water, then spoon over the dressing.
- Drizzle with 1 more tablespoon of extra virgin olive oil and toss together at the table before tucking in.



Courgette 'spaghetti' with rocket pesto

Ingredients

- 4 courgettes
- 70-100 ml olive oil , plus an extra splash
- 100 g almonds
- 1 clove of garlic
- a few sprigs of fresh basil
- 50 g Parmesan cheese
- ½ a lemon
- 300 g rocket

Method

- Trim and julienne the courgettes, then pop the courgette 'spaghetti' in a colander with a splash of oil and a pinch of sea salt. Toss, then set aside over a bowl to drain for 10 minutes.
- For the pesto, toast the almonds, then pulse with the garlic in a food processor. Pick in the basil leaves, grate in the parmesan, squeeze in the lemon juice and most of the rocket (saving some to serve) and pulse to form a paste. Slowly add the oil and pulse again until smooth.
- Season and toss the pesto through the courgette. Scatter over the saved rocket and serve.



Free Online Services available by AWARE

As Covid-19 disrupts our daily routines and creates a new level of stress, it is important to prioritize your mental health. The Department of Health has guidelines for maintaining your health and the health of others during this time. When it comes to improving and maintaining your mental well-being, Aware has a range of online programmes available.

A summary of these programmes are outlined below.

If you or anyone you know could benefit from these services you can find out more at

<https://www.aware.ie/mental-health-resources/online-mental-health-programmes/>

Lifeskills Online:

Based on the principles of cognitive behavioural therapy (CBT). This free programme is designed to help us learn more about how we think and how this can influence our actions in helpful or unhelpful ways.

Virtual Lifeskills:

As Aware can no longer deliver their face-to-face group programme, it has been adapted to a virtual classroom setting, led by Aware staff. The group will meet once a week, for six weeks, for 90 minute sessions

Online Self-Directed Programmes:

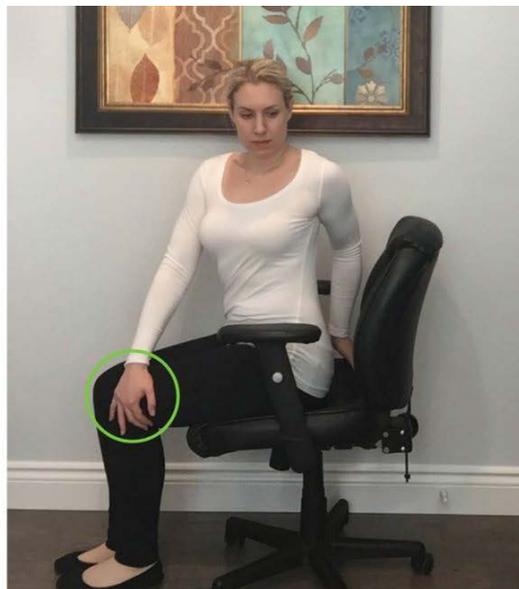
Similar to Life Skills Online, above. How they differ is, you will not be paired with a trained Aware supporter, it is completely self-directed. The good news is, that means there are no waiting times and you can start these free programmes straight away. The programmes available are: Space from Stress, Space for Resilience, Space for Sleep, Space from Covid-19

Stretches to do at your Home Desk Part 2



1. Bend Forward

A chair yoga variation of the original standing forward bend pose, this stretch is great when you need to target the lower back. This traditionally restorative pose also helps calm the brain & central nervous system. Simply bend at the hips & fold your upper body over your legs, resting your torso on your thighs. Let your arms hang freely toward the floor.



2. Spinal Twist

Spinal twists help to lengthen the spine, relieving tension right from the shoulders and down to the lower back. The longer you can lengthen your spine, the deeper you'll be able to get into your twist. Start by sitting slightly forward in your chair with your knees together, anchoring your hips to your seat. Take a deep breath, sit up straight, lengthening your spine as much as you can. Without moving your hips or losing length in your spine, exhale as you twist your torso to the right & grab your left knee with your right arm. Place your left hand behind you, grab your seat, armrest, or back of your chair for stability.



3. Forearm Stretch

This one is for all you typists and computer workers out there. You might never know just how much tension is really in your hands, wrists, and forearms until you hold this stretch. Extend your left arm out in front of you so that the palm of your hand is facing the ceiling. Use the four fingers of your right hand across the four fingers of your left hand to gently pull the entire hand at the wrist joint downward — as much as you can without it feeling painful. Repeat with the right arm.



4. Pigeon

Sitting for long periods of time can lead to some seriously tight hips. Pigeon pose (again taken from yoga) performed in a chair will help to open the hip joints, lengthen the hip flexors, and stretch the upper leg muscles. Sitting comfortably in your chair, take your right leg, bend it at the knee and cross it over your left thigh so that your right calf or ankle rests on it. Since everyone's hip flexibility is different, your bent leg may be very open so that it can rest horizontally over your left leg, or it may be very tight — requiring you to keep your bent leg resting slightly at an angle.