

Health Matters

This week, we take a look at the importance of vitamin D whilst stuck indoors, learn how to treat minor injuries to save a trip to A&E and how boxing benefits your mind and body...

SUNSHINE BOOST

We usually get our vitamin D from the spring/summer sunshine but as we are staying inside more during lockdown, our exposure to natural sunlight is diminished. Preventing us from being able to naturally boost our levels of vitamin D to help keep bones, teeth and muscles healthy, it is more important than ever to keep your dose of vitamin D topped up as we are shielded from the summer sun. **Harley Street nutritionist Kim Pearson** explains that “ensuring your vitamin D status is optimised helps to keep you well, support your immune health and prevent deficiency symptoms - including fatigue, low mood and compromised

immune function”. Whilst we can get some levels of vitamin D from foods such as red meat, oily fish and egg yolks, it’s difficult to get enough from these foods alone. Public Health England states that adults and children over a year-old require ten micrograms / 400iu a day and recommend considering supplements to ensure your levels are topped up during lockdown. Dietitian at Together Health, Lola Biggs also advises that “as vitamin D3 is better absorbed with fats, take the supplement with meals as this will help it act more efficiently”. Whether it be a spray or capsules, keep your sunshine vitamin topped up with these supplements...

1. BetterYou DLux Vitamin D3 Spray, £7.35; visit betteryou.com **2. Together Health Vitamin D3**, £6.99; visit togetherhealth.co.uk **3. The Nue Co. spray**, £15; visit thenueco.com **4. Vitabiotics Ultra Vitamin D 1000 IU**, £5.10; visit vitabiotics.com



WALK THIS WAY

Be it in your garden or out on your daily walk, make the most of your time in the fresh air and add some key exercises to spice up your stroll. PT and class instructor at Airborne Fit Michael Jennings shares his top three moves you can complete whilst you walk:

◆ **LUNGES** Extend your walking stride and increase how low you go. You’ll tap into more muscle to help strengthen and wake-up your glutes after a day of being seated. Perform your set of 10 lunges, walk normally for a minute, before completing your next set. Repeat three times. ◆ **DIPS** You’ll often pass a bench or log on your walk, the perfect

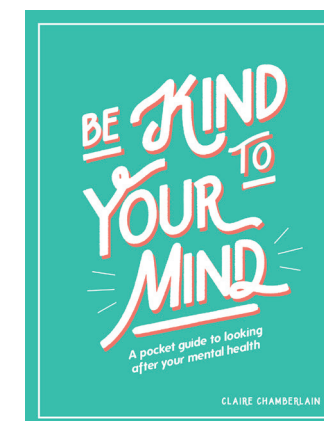
tool to perform your dips on. With both hands on the bench, position your legs out in front and then bend your elbows, lowering your bum to just above the floor, before pushing yourself back up. Repeat for 3 sets of 10 reps. This is a brilliant way to target your triceps, the difficult to tackle bingo wing area!

◆ **COMMANDOS** Assume a plank position on the floor. From here, with one arm at a time, push yourself up onto your hands, so you finish with your arms straight in a ‘high plank’ position. Now drop back to your forearms, one arm at a time. Repeat for 3 sets of 10 reps, and say HELLO!

COMPILED BY ALEX LIGHT & KATE LOCKETT. PHOTOS: GETTY IMAGES

PEACE OF MIND

Worried you aren’t using your time during lockdown effectively? Putting pressure on yourself that you haven’t already learnt seven languages and built a shed whilst in self-isolation? During uncertain times, it is easy to become overwrought with stress and worry but it is important to also give your mind some TLC. The Duke and Duchess of Cambridge have recently spoken out raising the importance that “we mustn’t forget our mental wellbeing” and according to a recent YouGov poll, 62% of us are feeling stressed. Be Kind to Your Mind is a useful pocket guide full of helpful tips and advice on everything from finding calm and identifying anxiety triggers, to the benefits of creating a positive morning routine and deep breathing exercises to combat rising feelings of panic or worry. The handy book gives you the tools to help recharge, live more mindfully and care for your mental health, alongside inspiring quotes from celebrities such as author Maya Angelou and former First Lady Michelle Obama, with the aim to leave you feeling positive



BOX IT OUT

Boxing has grown in popularity over the past few years, and for good reason - it strengthens your body, boosts your confidence and beats stress like nothing else, which also makes it a great exercise to take up during this current social climate. “Boxing is not only one of the best physical full body workouts you can do in terms of burning calories, building lean muscle and improving fitness, it is also unbelievable for the mind,” says BOXX’s co-founder Anna Samuels. With this in mind, the online platform has launched free, on-demand workouts, as well as a paid-for live stream. The free workouts are hosted on the BOXX app and offer over 20 follow-along boxing and strength workouts, along with 15 seven-minute workouts and three 15-minute workouts. If you want longer, more detailed workouts, you can pay for BOXX Live, a live stream hosted on the BOXX website that includes five workouts a day between 7am and 8pm. Class examples include Punch & Flex, Get Pumped and Hardcore.



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25 YEARS



HOT OR COLD?

With many of us avoiding the doctor’s surgery or the A&E department, it might be a good time to learn how to handle some minor injuries at home. Enter Hot VS Cold, a new online tool created by cold therapy experts at Biofreeze to help us understand the best way to correctly treat some of the most common small injuries - like ankle sprains, back pains and even headaches - that we might pick up in our day-to-day lives. “With so many people attending A&E for minor injuries and the NHS really feeling the strain, we wanted to create something handy, informative and educational that can help many Britons,” says Bharat Gohil, a spokesperson for Biofreeze. “Many people don’t know how to treat their injuries and how best to speed up the recovery process, but hopefully Hot VS Cold can help them make the right decision.” After specifying your injury on the website, you are given details on how best to proceed with treatment from home, from whether to apply hot or cold treatment to the best exercises for increasing mobility. However, if you consider the pain to be severe, or the pain does not subside, you should seek medical attention.

Visit hotvscold.co.uk