

Time to get active and burn off those festive indulgences



Festive treats take some burning off

Many of us will have no doubt over-indulged over the festive period – after the year we’ve just had who could blame us?!

But now the new year is here it could be time to try and shed some of those excess pounds.

With this in mind, the experts at GolfSupport.com decided to look into how many exercises we’d have to do to burn off our favourite festive foods.

After finding the top 15 most popular Christmas foods, GolfSupport.com calculated the average calories per serving to find out how many squats, burpees, lunges, planks, and jogs you would have to do to burn those Christmas calories off.

The most calorific festive food item is Christmas Pudding at 305 calories per serving.

To burn this off, GolfSupport calcu-



lated you would have to do 1,445 squats, 460 burpees, 578 lunges, 29 one-minute planks or jog for 29 minutes.

Just behind is the nation’s favourite Pigs in Blankets, at 280 calories per serving.

To burn a serving of Pigs in Blankets off you would need to do 1,350 squats,

430 burpees, 532 lunges, 27 one-minute planks or 27 minutes of jogging.

In third place is a serving of bread and cheese, with approximately 945 squats needed! Followed by Yorkshire Puddings in fourth place. In fifth place is the dish that makes every Christmas dinner complete, roast potatoes, which would require the nation to jog for 17 minutes in an effort to burn one serving off.

At the bottom of the list is roasted chestnuts. To burn off one serving of this festive treat, you would need to do 315 squats. Just behind roasted chestnuts is candy canes, with only five one-minute planks needed to burn one off.

Finally, rounding off the top 15, is the love-them-or-hate-them, Brussel sprouts. A four-minute jog will burn this smelly serving off!

Wholesome snacks to eat your way to a healthier life

Eggs, pumpkin seeds and even dark chocolate have been named as some of the most surprising everyday foods to eat in order to boast healthy hair and skin this winter.

Fashion and beauty experts from PublicDesire.com have researched and revealed ten of the most nutritious and wholesome snacks that have surprising beauty benefits too.

Foods stacked with antioxidants and healthy fats are the most prevalent, as these help to keep skin firm and hair strong and glossy. Surprisingly, pungent garlic has also been recognised for its ability to help prevent breakouts and maintain clear, healthy skin, and eggs have also been included as they’re vital for the production of collagen and keratin.

A spokesperson for PublicDesire.com said: “The stresses and strains of day-to-day life could be taking their toll not only on the way we feel, but how we look too. Luckily there are some truly super foods that are good for you all round, and it’s these that we should all be eating more of if we want to look and feel our best this winter.”

■ Spinach – Spinach isn’t just good for your muscles – it’s also a major anti-ager. Full to the brim with Vitamin C, Vitamin E, and beta-carotene, these all work together to protect your skin from the sun’s ageing UV rays.

■ Avocados – Avocados are used as an ingredient in shampoos and face masks for a reason. The monosaturated fatty acids packed into this fruit are key for healthy hair, skin and nails, and they also help lower cholesterol levels and reduce the appearance of ageing in skin. They contain stacks of antioxidants and fibre, and one avocado is packed with more potassium than a medium banana!

■ Coconut – High in healthy fats, vitamins E and K and stacks of minerals, coconut oil is one of the best natural nutrients for your hair, helping to boost growth and shine by moisturising the scalp.

■ Blueberries – The antioxidants in blueberries protect you from premature ageing as they help minimise the damage of free radicals. Additionally, they’re packed with Vitamin C, which helps to keep skin firm and strong.

■ Kiwis – This fuzzy fruit is loaded with Vitamin C and antioxidants which help to keep your skin firm and your teeth and bones healthy.

■ Eggs – One of their most important nutrients is sulphur, which helps with everything from Vitamin B absorption to liver function. It’s also vital for the production of collagen and keratin.

■ Tomatoes – Tomatoes are the best source of the anti-ageing antioxidant lycopene. Surprisingly, lycopene is more easily absorbed by your body when the tomatoes have been cooked or processed.

■ Pumpkin seeds – Packed with zinc, Vitamin A, Vitamin K and omega-3 fatty acids, these are all essential for building a healthy head of hair. The fatty acids and additional Vitamin C are important for producing sebum – which is your skin’s natural oil to protect and repair skin.

■ Dark chocolate – Dark chocolate helps skin stay hydrated and protects it from sun damage.

■ Garlic – Garlic is one of nature’s best medicines and helps to prevent breakouts and maintain clear skin.



Give your diet an overhaul and reap the health rewards

Expert says changing your food intake this new year will lead to dramatic results on your skin

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It’s not revelatory to say that what we eat impacts on our health – the old adage of “you are what you eat” springs to mind as just one example.

But it’s not just your body’s health that’s reaping negative rewards from bad eating habits – such as consuming highly processed foods.

Your skin is being drained by it too – making you look much older than you are, according to experts like Sally Wagstaff, a skin, aesthetics and laser specialist in Kings Bromley, Lichfield.

Just by changing your diet this new year can reap dramatic results to how your skin looks – and in some cases make you look many years younger, she says.

Former Naval nurse Sally, who is still a registered nurse, explains: “If you are not getting the right nutrients, and are taking in lots of anti-nutrients such as sugar and highly processed grains, the body will sacrifice the skin to try to keep the body functioning as well as it can.”

Concerns

The 46-year-old sees lots of different clients from across Staffordshire, West Midlands, and elsewhere across the UK, for various skin conditions.

And, while they all have different concerns and needs, as time has gone by, Sally, who has run an aesthetics clinic for almost seven years, has come to realise “more and more” that she is ending up discussing gut health with her clients and how it can improve their skin as well as their general health.

The mother-of-two realised how important gut health was to long term health after doing a Masters degree based around training and advising people with chronic health conditions – such as diabetes, obesity, heart disease, osteoarthritis and chronic conditions such as auto-immune and inflammatory conditions – and now runs gut health courses to help others.

“Gut health impacts so much, and on almost all of the conditions that I see regularly,” adds Sally, who also trained as a fitness instructor and personal trainer alongside her nursing.

“It is a massively under-supported area and is often not taken seriously. But it’s



Sally Wagstaff says a better diet can lead to improved sleep, a sense of emotional wellbeing, improved skin tone and weight loss

literally the root of all of our health problems.

“So, it got me thinking that I should be addressing it as a problem in its own right, rather than just tacking it on to skin consultations and addressing it as an ‘oh by the way’.”

Leaky gut syndrome is another condition that’s becoming discussed more and more in the media, with celebrities like of Real Housewives of New York actress Bethenny Frankel being diagnosed with the condition – but it’s certainly not new.

Leaky gut syndrome can be the start of a host of digestive conditions, from intolerances to certain foods to inflammatory bowel disease, and experts say it can also lead to the likes of Type I diabetes, Crohn’s Disease, and Celiac disease.

Sally adds: “Poor gut health and leaky

gut syndrome very often manifest themselves in skin conditions – the body is trying to tell us something, and it’s a very visual way of telling us something is wrong.

Health

“Get on top of poor gut health, and very often conditions such as eczema, psoriasis, dry skin, rosacea and acne improve – and in some cases disappear.

“Obviously, there are often multiple triggers and causes, but start with the basics and the results often follow.

“As an adjunct to other conventional treatments, results can be improved greatly.”

Poor gut health has also been linked to poor mental health too.

And, while this is a relatively new area of research, what experts do know, is that there is a link between your gut and your brain.

“Poor gut health can also impact on our mental health,” Sally went on to say “with our nervous system ending in our gut – our enteric nervous system is the nervous system controlling the entire digestive system. The term ‘Gut Feeling’ wasn’t coined as such for nothing.”

“On one of my recent gut health/weight loss courses, one client reported improved sleep, a sense of emotional wellbeing, a great reduction in her symptoms of anxiety – all in just 30 days, and that was on top of improved skin tone, and almost a stone in weight loss.”

■ For more on what Sally offers visit www.xodosltd.co.uk