

IF YOU DO ONE THING TODAY... DO A BALLET PICK-UP



By **Mariam Al-Roubi**
PERSONAL TRAINER

IF THE extent of your heavy lifting over the past week was picking up yet another plate of Christmas leftovers, this move might be the perfect antidote. Officially, it's called a one-legged deadlift, but I think it looks a bit like a ballet move.

It works to strengthen the body's posterior chain – all the muscles that run along the back of the body, including the buttocks. It can also improve flexibility in the hamstrings, meaning touching your toes might

become a bit easier. Try it while lifting any object – your handbag, for instance – off the floor.

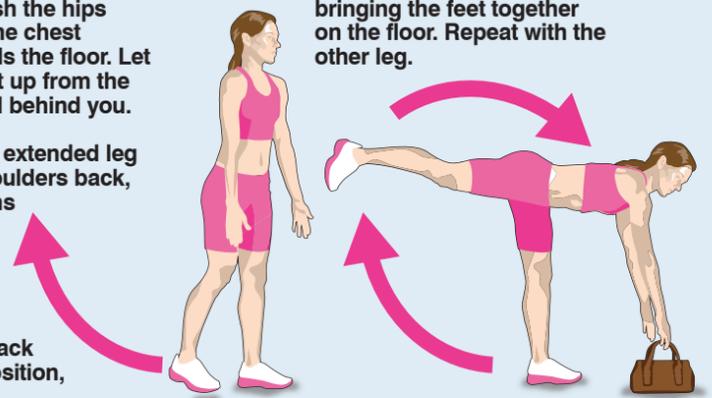
1. Place the object a few steps in front of you on the floor, then stand with your feet together pointing directly in front of you, keeping the shoulders back.
2. Soften the knees slightly and engage your abdominal muscles by breathing in deeply.

3. Gradually push the hips back and lean the chest forwards towards the floor. Let your right leg lift up from the floor and extend behind you.

4. Keeping your extended leg straight and shoulders back, extend both arms out in front of you and reach for the object on the floor.

5. Slowly lean back to a standing position,

bringing the feet together on the floor. Repeat with the other leg.



By Jackie Lynch

NUTRITIONAL THERAPIST

DO YOU find yourself constantly lacking in energy? Are you TATT (tired all the time) – the medical acronym reported to appear on up to one in five of our GP case files?

In my nutrition clinic I constantly hear people say 'it must be my age' as the reason for their lack of energy. But that simply doesn't have to be the case.

If this sounds familiar, it is definitely time to take action.

Whether you're 29 or 69, it's far more likely that your diet and lifestyle are the main culprits and a few simple changes and new habits can make a world of difference to how you feel.

I tackle the subject in my new book, *Va Va Voom: The 10-Day Energy Diet*, published last week.

And, below, I reveal the different reasons you could be TATT, other symptoms you may be suffering from, and the best foods to relieve fatigue and get you full of life again.

WHY WE SHOULD ALL GO TO WORK ON AN EGG

THE SYMPTOMS: TATT plus headaches and pale skin.

IT COULD BE: You're low in iron.

WHAT TO EAT: Egg yolk is a great source of iron. We need this to produce haemoglobin, the protein in the red blood cells that transports oxygen around the body to produce energy in the muscles, tissues and cells.



A deficiency in iron can lead to a type of anaemia that will leave you feeling drained and weak. This tends to be more common in women, especially if they experience heavy blood loss during menstruation.

ANYTHING ELSE?

■ Opt for venison instead of beef, as it contains twice as much iron.

■ Eating Vitamin C-rich foods with plant sources of iron, such as red peppers with tofu or green salad with lentil bake, can help to enhance absorption.

■ Don't take iron supplements with a cup of tea – the tannins may inhibit the absorption.

DON'T SEE CARBS AS THE ENEMY

THE SYMPTOMS: TATT plus constipation/sugar cravings/poor physical performance and a tendency to run out of steam during intense exercise.

IT COULD BE: You need more carbs.

WHAT TO EAT: Brown rice. It's a great source of fibre-rich complex carbohydrate. Despite the current vogue for low-carb diets, carbs are a quick and easy source of energy for the body and opting for brown instead of white rice will put you into cruising mode – that is, your body will break down this form of carbohydrate more



Are you TATT?*

Here's what to eat

(*that's tired all the time)

The big energy 'robbers' to avoid

FOOD and drink don't just boost your energy – the wrong types can actually sap it, even if they initially give you an energy rush. Here are the biggest culprits...

Refined sugar

An over-reliance on sugary food can lead to a series of blood-sugar highs and lows that will cause multiple energy dips throughout the day and may disrupt your sleep.

It can also lead to a vicious cycle where you crave even more sugar. Signs that you're

slowly than refined, white, refined carbs, providing sustained energy.

ANYTHING ELSE?

■ Eat five portions of vegetables every day.

■ Have a bowl of porridge for breakfast.

■ Choose brown bread instead of white.

SLURP A GREEN SHAKE EVERY DAY

THE SYMPTOMS: TATT plus

eating too much refined sugar include weight gain, anxiety or nervousness and digestive problems such as bloating and flatulence.

To reduce your intake, limit biscuits, cake or pastries to once a week and avoid sugary alcoholic drinks like premium lager, cider or sparkling wine.

Alcohol

If the liver is busy with detoxification due to your alcohol consumption, it's distracted from the important job of metabolising

muscle cramps or twitches/anxiety or general irritability.

IT COULD BE: You're low in magnesium.

WHAT TO EAT: Leafy greens such as spinach are packed with magnesium, which makes this a glass of pure energy. If you're low in this mineral, as many people are, you'll feel absolutely drained.

That's because magnesium acts a

food, meaning that you don't get as much energy as you should. It also disrupts your sleep.

Dehydration

We need water to transport nutrients and oxygen around the body in order to support energy production. Dehydration can significantly affect how we function. It's not just thirst – constipation and headaches are other signs. One way to boost your fluid intake is to eat at least seven portions of fruit and vegetables daily.

bit like an ignition key to start the body's engine – it activates the enzymes that spark the whole energy-production process.

ANYTHING ELSE?

■ Eat two handfuls of leafy greens every day.

■ Opt for wholegrain foods, particularly brown rice or whole-meal bread.

■ Try an Epsom salts (magnesium sulphate) bath – this works



as the magnesium salt absorbs straight through the skin.

FEAST ON FISH

THE SYMPTOMS: TATT plus poor memory/anxiety.

IT COULD BE: You're low in Vitamin B12.

WHAT TO EAT: Sardines, salmon or tuna are excellent sources of Vitamin B12. All B vitamins play a crucial part in the supporting our energy levels. B12 works in partnership with folate (Vitamin B9) to form red blood cells and to enhance the absorption of iron in the body.

ANYTHING ELSE?

■ Eat fish, meat or eggs, as B12 is only found naturally in animal foods.

■ Choose B12-fortified foods such as Marmite.

■ Have at least three consecutive alcohol-free days each week. Studies have shown B12 is depleted by excessive alcohol consumption.

● *Va Va Voom: The 10-Day Energy Diet*, by Jackie Lynch (Headline, £14.99).



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