

SERIOUSLY GOOD HEALTH & FITNESS TIPS

As the nation celebrates the UK's biggest year of sport next year, there's no better way to take part than with one of Sainsbury's Sport Relief Mile events taking place across the country. In the lead up to Sport Relief 2012, Comic Relief has enlisted the help of renowned nutritionist and health writer Anita Bean to share fitness tips and delicious recipe ideas inspired by Seriously Good sauces. Here are Anita's top 10 tips to help you get in shape, whatever Sport Relief Mile you choose, from 1, 3 or 6 miles, taking place on 25th March 2012.

1. Starting your day with a healthy breakfast helps you to concentrate, boosts your mood, reduces your cholesterol levels, and cuts your chances of developing diabetes or having a heart attack. A good breakfast should contain a mix of carbohydrates and protein, for example scrambled eggs on wholegrain toast will allow your body to produce muscle whilst increasing fullness levels so you stay fuelled for longer.
2. In preparing for your Mile, if you run on a treadmill, set it on a 1% to 2% slope to mimic what it's like to run outdoors this small increase will enhance your calorie burn by 7%.
3. New runners can expect to burn around 100 calories in a 20 minute run. As you become fitter your body will start fuelling your exercise more from fat stores rather than muscle glycogen. So, once you're running regularly you could burn more calories from fat stores for the same 20 minute run.



4. Keep temptation out of the way – stock your kitchen with fruit and vegetables, instead of sugary snacks. 25g (1oz) of mixed nuts a day increases levels of serotonin – a hormone that makes us feel happier and decreases feelings of hunger – according to research from the University of Barcelona.
5. Walking is good for you. Brisk walking for 45 minutes four times a week can result in a fat loss of 18lbs over a year. A study at Harvard University found that those who walked five to 10 miles a week (burning 500 – 999 calories) had a 25% lower risk of heart disease compared to inactive people.

6. Having trouble sticking to your fitness program? Exercising with a friend or joining a group can help you stay on track. Vary your activity so you don't get bored so, for example, if you normally exercise indoors try an outdoor activity and vice versa.
7. Drink water. While sports drinks are useful for prolonging endurance during intense workouts lasting an hour or more, you may consume more calories than you burn if you're not working hard enough. Drinking water before, during and after shorter workouts will help you burn 40% more fat compared with a sugary or sports drink. The British Nutrition Foundation advises 1.2 l of fluids a day (approx. 8 cups or glasses).
8. Refuel after exercise. After a lengthy training session try to eat a meal that contains both carbohydrates and protein in a ratio of three to one. This will help to speed up muscle recovery, preparing your body for the next training session.
9. Pedometers are a good way of keeping track of preparation for your Mile. Aim to do 10,000 steps a day but build up gradually. Every step counts, even just walking around at home or work. You should be walking faster than a stroll and be slightly breathless but comfortable. Increase your speed when you no longer feel challenged; reduce your speed if you feel tired.
10. Struggling to complete your workout? Take a one-minute walking break after every nine minutes of running. If that's still too hard, take a one-minute walking break after every four minutes of running. You'll be able to train for longer, and feel great.

Seriously Good sauces are developed by Gordon Ramsay to raise money for Comic Relief all year round. The sauces are available from RRP £1.89 at selected major retailers. At least 10p from every jar goes to Comic Relief, and Gordon Ramsay doesn't get a penny. Visit www.seriouslygood.com