

The Weekend Wellbeing

Get out and enjoy nature's playground

In the first part of a new monthly series offering wellbeing, fitness and healthy recipe tips, Jersey-based celebrity trainer and wellbeing expert **Chloë Bowler** focuses on fun for all the family this summer with a superhero twist

ISN'T Jersey the best place ever! We are blessed to live in an island which is bursting with exciting scenery and natural playgrounds. After a long lockdown, the summer holidays are upon us, and children need to burn off energy and be kept occupied.

There are numerous children's clubs available throughout the summer in Jersey. From surf clubs in the west to farm schools in the east. These clubs are fantastic, as children will learn more about Jersey as an island, the surrounding sea and how to respect it, and the abundance of nature found here. These amazing experiences are done in an environment of having fun, learning new skills and making friends, while getting plenty of fresh air at the same time.



■ Chloë Bowler demonstrating the benefits of fresh air and exercise Picture: ROB CURRIE (28924938)

Holiday energy boosters

Outdoor activities, such as The Farm School Initiative, offer camps where children can spend a week learning how to feed and care for animals, growing and cultivating vegetables, as well as taking

part in arts and crafts. Learning to surf is a really popular activity among children and adults, and what fantastic scenery to do it in. Hopefully, it will also ensure a good night's sleep after all that exercise in the fresh sea air. These are just a few examples, and there are many other clubs and activities available but, even without organised

clubs, Jersey has some wonderful coastal paths, sand dunes and woodland walks where all the family can enjoy the local scenery and nature that surrounds us. I'm a great believer in the tonic of being outside in the fresh air. It has proven health benefits, both physical and mental and, after the period of lockdown that we have all been through, there is no better time to appreciate this and spend time



■ Fun and education on the beach in the summer holidays: Surf instructor Cameron Swart from the Splash Surf Centre with Rupert Hocquard, Jules Burton, Jasper Burton and George Robinson Picture: DAVID FERGIJON (28869356)

outside together as a family. Durrell offers a great day out, where children can see and learn all about exotic animals, and the conservation of many wonderful species, while spending time outside. The keeper talks offer a real learning experience, without a classroom feeling. There are cafes and playgrounds, so the whole family can enjoy the experience while supporting a

really important local charity. Wherever you are in the Island, there is beauty to be found. Try a blustery, sun-filled walk along St Ouen's Bay, with plenty of beach for all to enjoy, or enjoy the stunning scenery of the north coast. The rugged cliff paths provide a natural gym; walking up and down the steep slopes is quite a workout in itself. There are many cycle paths, with flat

and hilly terrains available. Cycling is another great exercise that all the family can do together. It can be an intense whole-body workout, or a leisurely sightseeing activity. The same goes for walking along the green lanes, of which we have many. This is a great outdoor exercise, and can also be a nature trail in itself, with plenty of wild flowers and insects to be found along the way.

Recipe

Courgette and basil pesto pasta

INGREDIENTS – SERVES FOUR

- 50g toasted pine nuts
- 2 cloves garlic
- 80g basil leaves
- 50g grated parmesan
- 150ml olive oil
- 150g penne or similar
- 2 courgettes

METHOD

For the pesto:

1. Toast the pine nuts by heating in a small pan. They toast very quickly so keep an eye on them, and keep flipping the pan to stop them burning.
2. Rip the basil leaves off the stalks and place in a food processor. Pop in the pine nuts, garlic and parmesan and pulse the food processor until coarsely mixed.
3. Add the olive oil little by little, pulsing until you get the right consistency. Season as required.

1. In a separate pan, boil some pasta until cooked through, adding the chopped courgettes at the last minute. As courgettes have a high water content, they don't take long to cook. Drain the pasta and courgettes, then stir through the pesto while the pasta is still hot.
2. Season, and serve with a little extra grated parmesan and some basil leaves on top to finish.



WORKOUT

Garden ninjas: Are you tough enough?

IF you're stuck for ideas at home, how about setting up an obstacle course for the children, so you can all do a workout together. You can do this inside the house or in a garden or park, using trees and benches as each target to walk or run to, with an exercise to do at each station. Inside the house, use the halls for your lunges and bunny hop on the bottom stair or a step.

Make the workout into a competition with teams. See how many of each exercise you can do in 30 seconds, or who can hold the plank for the longest.

Star jumps

A great warm up to get the blood flowing. Jump your feet wide as you clap above your head, then jump the feet in together and touch the outside of your legs with your hands. Repeat for 30 seconds.

See who can do the most star jumps in 30 seconds.

Spiderman plank

Come into a front plank on your hands and feet. Lift your left leg and bend your knee to try to touch your left elbow. Return then repeat with the right leg to right elbow. Keep alternating for a total of 12.

The person who can touch their elbow with their knee the most times wins!

Lunge walks

Take a big step forward and sink down into a lunge. Then lifting the back leg, take a big step forward and lunge again. Keep going in a straight line, or around the house, for a total of 16.

See who can lunge the furthest in 16 lunges.

Diagonal Spiderman plank

Come into a front plank on your hands and feet. Lift your left leg and bend your knee underneath you to try to touch your right elbow with your left knee. Alternate legs for a total of 12.

The person who can touch their elbow with their knee the most times wins!

Bunny hops

Lower down into a squat position, feet hip width apart. Then, swinging the arms, jump forward landing with both feet at the same time. Cushion your landing by bending your knees into a squat position, and keep low until you take off on your next jump. If you are inside or don't have much room, jump up on to a stair or step each time. Repeat for 30 seconds.

See who can jump the furthest if outside, or if inside how many times you can jump on to the step.

Elbow plank hold

Come into a front plank on your feet and elbows. Squeeze your glutes and hold for 20 seconds, or longer if you can keep a good position.

See who can hold the plank for the longest. If you have small children, they love to see how many times they can crawl under you while you are holding the plank.

■ To follow my workout videos at home, go to chloebowler.com.



■ The Spiderman plank

Awake that Spidey sense – smell, touch and taste

CHILDREN are, by nature, curious, so it is important to teach them what is healthy and good.

They can spend hours watching you cook in the kitchen. They love to see what's going on and it's never too early to get them involved.

I love introducing young children to the different feel and smells of foods, as well as tastes. I think it is so important that children grow up understanding where their food comes from. This way they will have a greater appreciation of what goes into a good diet, and the processes involved in growing, preparing and cooking a wide variety of foods.

I encourage everyone to grow as much produce at home as possible. If you have a garden, a small vegetable patch can be a wonderful place for children to learn about nature. I have such vivid memories of sitting in my parents' vegetable patch helping my mother pick runner beans, and discovering worms and bees at the same time.

Courgettes, kale and lettuces are great vegetables to start with, as they are easy to grow and work with so many lunches and suppers.

If you don't have much room, tomatoes and spring onions will grow well in pots. Even if you don't have any outdoor space, you can still grow herbs and chilli plants indoors and on window sills.

Fresh herbs have a really powerful scent, and I love teaching children how the flavours from herbs can be used and tasted in easy recipes.

Basil is a lovely, sweet-smelling herb, easy to pick and rub in between fingers. It is easy to grow at home, and children can really take pride in caring for a plant, being



■ Fresh herbs have a really powerful scent

in charge of watering, and learning to cook with it. I also think that by being involved in the growing and preparation stage, vegetables can become more appealing to children.

Basil is most commonly paired with tomato, so can be used in a lot of meals popular with children. A more savoury taste to enjoy with basil is pesto, which is really easy to make. It also lasts well in the fridge, and goes perfectly in easy meals like bread and pasta. This means that children

can be part of the whole meal, from growing the basil, to making the pesto and cooking the pasta.

■ Chloë Bowler is a celebrity trainer and worldwide wellbeing expert based in Jersey. Chloë specialises in creating fun and effective workouts, and delicious and healthy recipes, to help everyone look after both their mental and physical health to achieve complete wellbeing.



■ Chloë with son Hubie (seven months) Picture: ROB CURRIE (28924898)