

The Weekend Wellbeing

Home workouts and

As people return to work and school after the summer break, wellbeing expert **Chloë Bowler** suggests some recipes and exercises to help maintain (or start) a healthy routine

THE summer holidays are over, and we are all returning to some semblance of normality. Children are back at school and workers are back in offices. Life before lockdown was a long time ago, and all our lives have changed as a result of spending so much time at home.

Returning to a routine

Whether you are back in the office, or you now have an empty house with the children back in school, a change in routine can be quite challenging for people.

Most of us thrive on routine so try to embrace the change and set yourself a new routine that is time-efficient.

If you have used lockdown to try to make healthy habits, now that we are back socialising it can be easy to fall off the healthy wagon. Try to incorporate your healthy habits into your new routine. Set aside time each day for some exercise. This doesn't have to be a high-intensity workout each day.

Change it up and, while the weather is still good, get outdoors in the fresh air. One day you could go for a walk, another



■ 'Batch-cooking enables you to create easy meals that all the family enjoy and store them in the freezer' Picture: ROB CURRIE (29195232)

a cycle or a swim and, if the weather is bad, you can complete a home workout or go to the gym. Keeping your exercise varied will ensure that you don't dread it or get bored.

Eating healthily is another habit that you may have found easier or harder during lockdown. You may have found it hard being so near your fridge all day or you may have mastered sourdough baking and enjoyed healthy, homecooked meals every day.

If you are returning to an office, your lunches may now be different but being away from your kitchen for a day can have its benefits.

I'm a great believer in home cooking as much as possible so try not to return to

the boring sandwich-and-crisps routine. Make extra portions for supper or batch-cook some soup and take your lunch into the office with you. This way you can use your lunch break for some exercise, such as a walk, rather than traipsing to the nearest shop to buy some boring food.

Batch-cooking is wonderful, as you can create easy meals that all the family enjoy, and store them in the freezer. You can portion them out before you freeze them and, as well as taking them to work with you, they are ready and waiting when you get home late, tired and with no food shopping.

You can freeze separate courses, so you can mix and match as you wish. I always have frozen mashed potato, bolognese,

fish pies, and soups in the freezer ready to go.

If you want some time off cooking after lockdown and prefer to buy your lunch each day, instead of heading to the familiar, old haunts, spread your wings and look out for the local food stalls and cafés. There are some really diverse cuisines available in the Central Market and around St Helier and beyond.

No-equipment home workout

Ballet legs

Stand up straight and, keeping your legs straight, slowly lift your left leg up to 10 o'clock and back down again, keeping control of the speed, and holding your posture strong with your core. Repeat ten times and then change to lift your right leg up to 2 o'clock, repeating for ten.

Side plank, left

Lie on your left side, resting on your elbow. Place your left foot on top of your right foot, lift your knees and hips off the floor so you are holding a plank position. Raise your right arm into the air and hold for 20 seconds (more if you can).

Backward lunges, left

Stand up straight, step backwards with your left leg into a lunge position (hips and knees at 90°), then lift your leg up in front of your chest. Try to keep your balance and keep your foot off the floor until you put it back down again in the lunge position behind you. Repeat 15 times.

Side plank, right

Lie on your right side, resting on your elbow. Place your left foot on top of your right foot, lift your knees and hips off the floor so you are holding a plank position. Raise your left arm into the air and hold for 20 seconds (more if you can).

Backward lunges, right

Stand up straight, step backwards with your right leg into a lunge position (hips and knees at 90°), then lift your leg up in front of your chest. Try to keep your balance and keep your foot off the floor until you put it back down again in the

batch-cooking ideas



■ Home workouts are ideal for days when the weather is poor Picture: ROB CURRIE (29195254)

lunge position behind you. Repeat 15 times.

Core twists

Sit on the floor with your back straight. Bend your knees and lift your feet off the floor. Place both hands together, twist at your waist and touch the floor on the left side of you, and then twist to the right and touch the floor there. Repeat 30 times. (Advanced: Straighten your legs in the air, making sure you keep your back straight.)

Narrow front elbow plank

Hold a front plank position on your elbows, with hands, elbows and feet together, so you have a narrow base. Hold this position for 20 seconds (more if you can).

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

Healthy packed lunchboxes

It can be very difficult to keep children eating healthy meals that they get excited about. I always try to include a range of

tastes, texture and colours when cooking for children, as they love to explore food, and it keeps it exciting.

For young children, cookie cutters can be a wonderful way of making sandwiches more exciting. Fruit, like chopped watermelon, is an interesting and sweet-tasting fruit that most children love. It is also really hydrating and contains antioxidants.

Cheese is always popular with most, and I like to try out different cheeses with children rather than sticking to a mild cheddar. See if your child will be adventurous with other types, such as goat's cheese.

Muffins are a great way to get something filling into the lunchbox that is sweet and delicious, but doesn't need added sugar. The bananas are sweet enough, and muffins last for a few days in an airtight container so you can bake ahead.

Muffins can be a healthy snack or a main part of your meal. You can add in lots of different ingredients to muffins, like blueberries or courgettes or even beetroot for some really fun colours and tastes.

● Chloë Bowler is a celebrity trainer and worldwide wellbeing expert

Sugar-free banana muffins

INGREDIENTS

- 2 bananas
- 1 egg
- 50g butter
- 125g self-raising flour
- 30ml milk
- 1tsp baking powder

METHOD

1. Start by melting the butter, either in the microwave or in a bowl over steaming water. Then mash the bananas with a fork and add to the

butter mixture.

2. In a large bowl, weigh out the flour and baking powder, then add the butter banana mixture.

3. Crack an egg into the mix and stir through.

4. Pour in the milk bit by bit to get a nice consistency, then spoon the mixture into the muffin cases.

5. Cook at 180°C for 15-20 minutes. Check the muffins are baked by placing a skewer into them. It should come out clean. If there is still dough stuck to the skewer, they are not quite cooked.

based in Jersey. Chloë specialises in creating fun and effective workouts and delicious and healthy recipes to help

everyone to look after both their mental and physical health to achieve complete wellbeing.



■ Chloe takes a batch of banana muffins out of the oven Picture: ROB CURRIE (29195229)

■ Chloë says that doing a different form of exercise each day stops the fitness regime from becoming boring Picture: ROB CURRIE (29195248)