



# GIRLS FITNESS NEWS

Spring 2012

Hello and Welcome to our new newsletter!

This month we've got articles on eating a rainbow of colours, why exercise makes you smarter, a delicious recipe for Millionaires fish cakes and we ask if you meet the Government's activity guidelines. PLUS YOUR CHANCE TO WIN A MINI-CAMCORDER.

If you've got a burning issue you want to write about or comments about the newsletter please send them to me at [maggie@seabreezefitness.co.uk](mailto:maggie@seabreezefitness.co.uk).

Enjoy the newsletter! ☺

**Maggie Ayre**  
The UK's Leading Fitness Coach  
for Teen Girls

## Upcoming Events.....

**Girls Nutrition Workshops**  
Sunday 8 January – SOLD OUT  
Saturday 4<sup>th</sup> February  
Wednesday 15<sup>th</sup> February  
Sunday 18<sup>th</sup> March

- Practical cookery sessions
- Food tasting
- Discussion sessions

Limited to 8 girls so **BOOK NOW!**

[maggie@seabreezefitness.co.uk](mailto:maggie@seabreezefitness.co.uk)

07899 984597

Find us on FaceBook  
Search for Maggie Ayre



[www.maggieayre.com](http://www.maggieayre.com)

[www.femalefitnessrevolution.com](http://www.femalefitnessrevolution.com)

## Exercise – Do Teen Girls Get Enough?

Latest news from the British Heart Foundation states; “activity levels for girls have fallen from 63% in 2003 to 56% in 2008, with only 33% of teenage girls meeting the minimum physical activity recommendations for good health.”

## Do you meet the minimum requirement for good health?

The minimum recommended level of exercise required by young people is an hour a day of moderately intense exercise. At least one hour a week should be of a sufficient level to get you out of breath.

The higher levels required by young people relate to physiological requirements concerning growth, muscle development, skills development and bone density.

For example bone density (which determines susceptibility to osteoporosis and risk of bone fractures in later life) is determined largely by the level of load bearing exercise undertaken under the age of 21.

If young people do not acquire basic motor skills (such as hand eye co-ordination, the ability to swim etc) then sport and exercise options are closed off in later life.

## So do you do enough exercise?

### Eat a Rainbow of Natural Colours

Brightly coloured fruits and vegetables are just delicious and brighten up your mood when it's dull and grey outside.



Who doesn't love the crunch of a nice red apple, the melt in the mouth texture of a banana, the sweet goeyness of roasted butternut squash or the delectable moreishness of mashed sweet potato with a spoonful of yoghurt stirred in?

This time of year, especially after the excesses of Christmas and the New Year I really crave fresh fruit, vegetables and winter salads and what makes it even better is that they are incredibly good for you.

What do the letters A, B, C, D, E and K mean to you? Hopefully you spotted that they are the vitamins our bodies need to work correctly. We get these vitamins from our food. Purple beetroot contains different vitamins and minerals to orange carrots which contains different vitamins and minerals to yellow peppers.

If you see someone who always seems to have loads of energy or who has an amazing complexion I would guarantee they enjoy a range of multi-coloured fruit and vegetables.

Find us on Twitter  
@MaggieAyre



### Can Exercise Make You Smarter?

“Allow a laboratory mouse to run as much as it likes, and its brainpower improves.” Taiwan, May 2009.

But can we assume human bodies will respond in the same way as rats?

The results do suggest that any form of exercise should be useful for maintaining and improving brain function.

Movement helps integration of the nervous system because we evolved to be creatures constantly on the go.

This research is backed up by anecdotal evidence from regular exercisers who claim their activity has led to more energy, better sleep, increased attention and alertness and overall feelings of happiness and well-being.

Schools and teachers want the best for their pupils and for years this has led to a decrease in physical activity and an increase in time spent studying and reading books. This research suggests that to really get the best from young people we should be prioritising activity.

In other countries schools are changing the way they operate to include more, rather than less activity within the school day.

The vast majority of private schools in the UK have followed suit and only the state sector seems left behind.

### Millionaires Fish Cakes

#### Ingredients (serves 2)

2 medium potatoes  
Butter  
Spring onions  
1 tin tuna  
2 desert spoons flour  
Oil for cooking  
Salt and Pepper



#### Method

Really simple but seriously tasty!

Start off by peeling the potatoes and placing them in a saucepan. Fill the saucepan with water and bring it to the boil. Reduce to a simmer, they should simmer for roughly fifteen minutes or until they are soft enough to mash. Whilst they are simmering thinly slice the onions and drain the tuna. When they are ready, drain the potatoes and begin to mash them. Add the butter and seasoning and make sure the mash potato is a really creamy texture before adding the tuna. Mix the tuna in with your hands until the mash is consistent and the tuna is liberally spread throughout. Mould the mash into discs and cover them in plain flour.

Heat a pan of oil, fry the cakes and enjoy with a big green salad!

Note: to make these fish cakes even healthier substitute other types of fish for the tuna (oily fish such a mackerel are particularly good for you) and use coconut oil for cooking.

	1-2-1 Personal Training	<a href="http://www.maggieayre.com">www.maggieayre.com</a>
	Mum and daughter sessions	07899 984597
	Small group Personal Training	
	Lose Weight – Gain Confidence – Excel at Your Sport	

### Enter our competition to win an ALBA MINI DIGITAL CAMCORDER (rrp £49.99).

Enter on line at

[www.maggieayre.com/competition.html](http://www.maggieayre.com/competition.html) or by completing the form below. All correct entries received (to the address below) by midday 5 March 2012 will be entered into a prize draw to select the winner. See online for full T&Cs.



#### Answer this question.

Q. Why do we set goals?

- (a) to provide a sense of direction and purpose
- (b) so that we know how much vitamin C there is in an apple
- (c) to record the \_\_\_\_\_ weight we've lost since Christmas

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Name: \_\_\_\_\_ Age: \_\_\_\_\_

Email: \_\_\_\_\_

Answer: A / B / C