

- Exercise

Easy ways to boost your health in just 10 minutes

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Getting healthy can often sound like a mountain to climb but while longterm good health takes consistent effort, there are many little things you can do in not very much time – and easily – to help boost your health.



Registered nutritionist and founder of Nourished (get-nourished.com), Melissa Snover says: “The good news is there are plenty of quick, simple things we can do every day to improve our wellbeing. The key is consistency – start by incorporating one or two healthy habits into your daily routine, and repeat, until it feels instinctive.”

Try these for size...

Use muscles while the kettle boils

“There’s a 60-second window you can utilise while the kettle boils – take the first 30 to do some calf raises, and for the remainder do a quick wall sit,” suggests Dr Luke Powles, clinical director at Bupa Health Clinics (bupa.co.uk). “These are exercises that won’t break a sweat, but do them daily, you’ll see results after a couple of weeks.”

Stand up

Dr Powles points out that just standing can burn more calories than sitting – and every little helps. How about standing up every time you take a call at work or at home?

“If you’re on your mobile, take the call outside and walk,” suggests Dr Powles. “You won’t realise just how many steps you take, even if it’s around the office block.

“Or, when you’ve completed a section of tasks, take 100 steps in one direction and 100 back. This will give your mind a break, move your body, and get oxygen to the brain.”

Drink a glass of water

Dehydration can impact the balance of dopamine and serotonin in the brain, which can increase feelings of low mood, anxiety or depression, says

Melissa. “Hydration is needed for normal digestion, temperature control, encouraging circulation and brain function. It’s imperative we’re fuelling our bodies with enough water through the day.”

Six to eight glasses a day is recommended by the NHS Eatwell Guide (around 1.2-1.5 litres). As well as water, Melissa says other liquids that qualify include lower fat milk and sugar-free drinks, including tea and coffee.

Stretch

moments at home where you can fit in a quick bit of exercise

Sitting for long periods isn’t good for health, explains Dr Powles, who suggests doing simple stretches whenever possible, whether at home or at work.

“Keeping your body stretched will do the world of good and will avoid stiffness,” he promises.

Exercise in the ad breaks

“Take your favourite hour-long programme and plan exercises for each ad break,” suggests Dr Powles. “Say each ad is 60 seconds, try 20 seconds of squats, 20 seconds of lunges and 20 seconds of high knees. Do this three times, which will make those boring ad breaks fly by!”

Eat some protein

Melissa says diets high in protein – including foods like eggs, chickpeas, yoghurt, nuts and seeds – are linked to a range of benefits including quicker recovery from injuries, lower blood pressure, good bone health and greater muscle strength and mass, to less intense food cravings.

“There’s growing research linking a high protein intake to better metabolic health and weight management,” adds Melissa, who says protein increases hormones which make us feel full and reduces ‘hunger hormones’, helping us feel satisfied for longer.