SARAH EVANS

Health Matters

I am 47 and live and work just outside Solihull, West Midlands, with my two gorgeous girls; Gracie (age 13) and Lydia (age nine); and Tito, our 11½ stone Spanish Mastin rescue dog.

I have been working for myself in the health and fitness industry for almost 25 years and at present I run a number of fitness classes each week including Pilates, Outdoor BootCamp, Zumba Gold (aimed at the over 50's or those that like a lower intensity class) and Zumba which I love! I also enjoy visiting companies and running health and well-being days, providing health and fitness assessments and providing my ideas on how the individual and company can get healthier.

In addition to this, I qualified as a Stroke Rehab Trainer eight years ago so I have a number of stroke survivors I see every couple of weeks. Such great improvements can be made using some very clever techniques and a lot of hard work and perseverance. The Institute I trained with is desperately trying to get more people trained up as sadly strokes are on the increase.

I love love love food and there isn't much I don't like to eat. I do believe that if the bulk of your diet is made up of fresh, healthy ingredients, you should allow yourself less healthy foods in moderation... and yes I do love chocolate, and my favourite take away has to be fish, chips and curry sauce, but I'm also partial to a Balti (that's the Brummie in me).

When I'm not working, we love going off to places like the Malverns for dog walks and also enjoy kayaking and paddleboarding.

I feel very grateful to have been asked back to the Arrow programme and always look forward to meeting the participants and enjoying some individual time with each one.

SARAH EVANS
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Personal Fitness Coach

START RIGHT
Information about Morning Exercise Options

The purpose of the activity session each morning (from 7.15 to 8.30 am) is to offer everyone the chance for enjoyable exercise to suit their personal pace and preferences. The aim is not to encourage competitiveness or favour 'sporty' types, but to focus on part of the programme's emphasis that sees us as whole people: mind, body and spirit. We encourage everyone on Arrow to try something they feel comfortable with and, perhaps, to stretch yourself gently.

We also need to be aware of the time constraints of the morning. So **everyone is encouraged to exercise for at least 30 minutes of the time allowed**. This should give sufficient space for both travel and showers/ablutions at the end. Please note that breakfast is available from 8.00am to 9.00am.

ACTIVITY SUGGESTIONS

MONDAY	TUESDAY	THURSDAY	FRIDAY
Walk	Walk	Walk	Walk
Run	Run	Run	Run
Gym or Swimming (Market Harborough Leisure Centre)	Gym or Swimming (Market Harborough Leisure Centre)	Gym or Swimming (Market Harborough Leisure Centre)	Gym or Swimming (Market Harborough Leisure Centre)
Exercise with Sarah	Exercise with Sarah	Football (Multi-use games area)	Basketball (Multi-use games area)

WALK OR RUN
There are various routes from Hothorpe Hall. Maps can be found in the Terrace or there are detailed walking and running routes which can be downloaded to your smartphone using the MapMyRun app.

GYM AND SWIM
Market Harborough Leisure Centre
Northampton Rd, Market Harborough LE16 9HF (approx. 6 miles/15 mins drive)
Map and directions in the Terrace.

Has a swimming pool and the usual gym facilities and classes. The facilities are available on a 'pay as you go' basis and opening times are Monday to Thursday 06:15 – 22:30. There is free parking, but you will need £1 coins for the lockers (returnable).

EXERCISE WITH SARAH
Sarah Evans will lead an outside exercise class suitable for all levels of fitness on Monday and Tuesday mornings.

HEALTH MATTERS
The Arrow Guide to Healthy Living

Introduction

Welcome to the Arrow guide to 'healthy living'. With all the advice in magazines, books and TV programmes, where does one turn for sound and sensible wisdom on how to live a healthy life? To our own GP in residence of course. Dr Sarah Archer was a GP before ordination, and having completed Arrow was delighted to be asked to offer some thoughts on healthy living for pressured Christian leaders. Here are her top tips...

Top Tips

AVOID CAFFEINE

It really is better not to drink copious amounts of tea, coffee, coke, and not to eat loads of chocolate (Arrow team take note!). Instead...

DRINK PLENTY OF WATER

Some suggest eight glasses of water a day, or around 1.2 litres. Why not keep a bottle of water on your desk/with you and sip it through the day?

EAT HEALTHILY

You know what that means. Avoid processed flour and sugar, eat at least five portions of fruit or veg a day, avoid pre-prepared food and fast food as much as possible. If you need to eat between meals be proactive and prepare healthy alternatives beforehand so you are not tempted to eat an unhealthy snack. One way to handle the constant temptation to indulge in things that aren't good for us is to take the maxim 'If possible, choose healthy.' So, when faced with an array of tempting puddings, choose the fruit salad. If there isn't one, enjoy the indulgence. When you are offered a cookie and there is a bowl of fruit, choose a banana. 'If possible, choose healthy.'

DON'T 'TREAT' YOUR STRESS WITH ALCOHOL

Although there is some evidence that a glass of wine a day can be beneficial, be careful. It is easy for a glass to become a bottle. Women need to be much more careful: there is a link between alcohol intake and breast cancer. Recommended maximum intake for women and men is no more than 14 units per week, but these are maximums. These days, with stronger wine and larger glasses, a glass of wine is more likely to be two units than one. Take a sabbatical from alcohol for at least one month a year. And if you know you are using alcohol to help you cope/sleep etc., spot the warning signs early and change your drinking habits quickly. If in doubt, stop.

BE CAREFUL REGARDING DIETARY SUPPLEMENTS

If you have a healthy diet you should not need them.

ALWAYS EAT BREAKFAST

Yes, your Granny was right, breakfast does make a difference. If you don't feel hungry at breakfast time that is simply because you have trained your body to react in that way. Retrain it to eat a healthy breakfast. Try to eat proper meals at regular times, and not to eat on the run. Be French – don't eat to live but live to eat.

MAKE TIME FOR SLEEP

Many Christian workers suffer from a lack of sleep. Most people **do** need eight hours a night. Find ways to wind down at the end of an evening that really do relax you. Watching television doesn't actually prepare you well for sleep. It simply delays the process of relaxing for sleep. Avoid it last thing at night. Remove electrical items from the bedroom, they are not conducive to a good sleeping environment.

GO FOR A WALK EACH DAY, TAKE REGULAR EXERCISE

10 to 15 minutes will have a good effect on your mood. Walk places, use stairs not lifts. Go by bike. Try to fit exercise naturally into your week. Cycling is a great way to do this: making it more convenient to use your bike than your car will encourage you to stick to it. Electric bikes still provide exercise if you live in an excruciatingly hilly area. Ideally take at least five periods of anaerobic exercise a week. Build it into the rhythm of your week as an important part of life not something to squeeze in when you have time. Something is always better than nothing.

WORK IN CYCLES

Your body has natural rhythms. For most people 90 minute cycles are ideal. Break meetings, work at your desk, sermon preparation at 90 minutes. Get up, if at all possible get outside, drink some water, move around for at least five minutes. It will make a difference to your energy levels at the end of the day.

DON'T UNDERESTIMATE THE IMPORTANCE OF DENTAL HYGIENE

Make sure you floss at least every other day, or you could get gingivitis and lose your teeth prematurely. It may also increase your risk of heart disease.

GET A CHECK UP

But you don't need to go mad. Unless you are feeling unwell, having your blood pressure, urine and eyes checked should be sufficient, and the former two items are

done for free at your GP surgery. When having eyes checked, make sure they check your visual field and intra-ocular pressure.

Expensive exhaustive tests by private providers are unlikely to add time or quality to your life: in most instances they will only tell you how you were that day, not predict what you might get or how to avoid it. However, if you have a strong family history of heart disease, and a raised cholesterol or other risk factors, a new type of heart scan (c£500 a pop and private only!) might prove either reassuring or give you the scare you need to change your lifestyle. Or it might just make you depressed and anxious. You need to decide. It will at the least, make you poorer.

In general the NHS screens for things only when it has been proved that screening saves lives. If they don't offer it, be dubious.

For Further Help

For more detailed information, please see:
www.bbc.co.uk and search 'nutrition'.

Resources

- The Power of Full Engagement, Jim Loehr (Free Press)
- The Corporate Athlete, Jack Groppel (Wiley)
- Have a look at the engagement inventory at https://energyprofile.perfprog.com/free.