



NEWS

Easter time is approaching, we hear about whats new on the chocolate front and give you a quick update on other important matters regarding lifestyles and fitness

What happens to your body when you fly?

Flying at high speed and high altitude in a sealed container across several time zones produces a cocktail of negative effects that can, at the very least, make the



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Chocolate is GOOD for you....

Eve Kalinik explains how to enjoy chocolate for maximum health benefits.....

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UP, UP AND AWAY...

So many of us travel nowadays we forget that we still need to look after ourselves whilst going from A to B. 74 per cent of people who flew in the last 12 months said they experienced back pain as a result of their travels.

Why is my back sore after flying?

What causes most of the back pain for air travellers is remaining static for long periods. Sitting motionless for hours, cramped in a plane seat while your muscles stiffen can take its toll. What air travellers often do before they even step on to the plane can wreak havoc on their back as well. Loading heavy, stuffed luggage into the car, racing through the airport with carry-on bags dangling on shoulders and then trying desperately to fit those bags into the overhead storage only compounds back problems.

What can I do to ease my back pain?

Pre-Flight.

Believe it not your preparation begins before you even take off. The stronger your back

and core is before the flight, the better chance you have of surviving it without pain. Participating in activities like Pilates or similar core strengthening exercises can go a long way in the battle against back pain.

Mid-Flight

There are methods to alleviate your back pain while you're in the air as well. These include:

1. Walking up and down the aisle every 40 minutes or so will allow your back muscles to loosen up a little.
2. Try to stretch using stretching exercises that we can send to you (an aisle seat is perfect for this.)
3. Place a book on the floor to put your feet on will raise your legs slightly, putting them in a better alignment with your hips.
4. Using a pillow or rolled up sweatshirt as lumbar support on the back of your seat, which will act as a cushion for your lower back.
5. **Being Hydrated.** Dehydration can worsen back pain especially if you have pre-existing disc problems. Make sure you drink plenty of water and avoid caffeinated drinks; and don't worry about getting up and down to

use the restrooms: that's also enabling some form of exercise.

Post-Flight

If you are still experiencing pain after your flight, it's important to get up and moving. Avoid sitting or lying down for long periods of time as this could just make the pain worse.

If you are feeling the effects of flight related back pain. Sometimes a simple adjustment before and after a plane trip can save you from dealing with unnecessary back pain.

CALL US on 07540 637496 about booking in for good posture techniques and an inflight exercise sheet.



Are you ready for that next step to finding your perfect personal trainer?!

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Finding a trainer that fits the bill while challenging your fitness goals can be an headache! In any case, the trainers that Leskupu Clinic now works with are so dedicated to healthy living each trainer is a real-life inspiration to help you meet your goals!

Even after a full days work and when happy hour is calling my name, it's much harder to justify cancelling an appointment with a personal trainer than just doing your own free-styling time at the gym.

We all have areas we'd like to work on but there are so many different types of apparatus within a gym, personal trainers can not only tell you the correct ones to use but realistically what to expect with each workout.

By using a personal trainer, they will optimise each session to target different muscle groups and monitor your body to ensure you don't cause damage; however much we like to 'see' our clients we want you to get better and fitter not injure yourselves.

Please log onto our website to read more about each trainer we currently work with:

www.workingwithleskupu.com



CHOCOLATE IS GOOD FOR YOU!



HOW TO SAVOUR CHOCOLATE from Eve Kalinik

Chocolate is good for you; it's official! Not just for its mood-soothing properties, our chocoholic cravings may not be as bad as you think.

It's the ultimate fix when it comes to getting an emotional boost, but there's much more to that sweetly dark delicious taste than the feel-good factor.

Chocolate gets its health perks from main ingredient cacao, the purest source of chocolate you can have as its the raw unprocessed derivate of the Theobroma cacao bean - literally translated 'food of the gods'. In its powdered form, cacao is at the top end of the ORAC (Oxygen Radical Absorbance Capacity) scale, making it one of the most antioxidant-rich foods to help prevent cell and tissue damage, certain diseases and premature ageing.

But that's not all cacao has to offer nutrition-wise, as it includes naturally high sources of magnesium and iron that we need for optimum energy levels, bone health and muscle function, as well as other minerals such as calcium, zinc and copper. It also contains chemicals phenylethylamine (PEA) and anandamide that are both associated with feelings of love and joy. Furthermore, recent research has linked the consumption of cacao to cardiovascular benefits, its antioxidant flavonoids contributing to artery health. It has been positively linked with appetite control and some studies have noted a correlation with insulin sensitivity, both important in maintain blood sugar levels and weight management, ironically! There is one caveat though. too much of this can have a negative impact on the nervous system, so don't over do it! Similarly, the oxalic acid content of cacao can affect calcium absorption -

another reason to be on the measured side. Moderation is the key to maxing your benefits here, so a daily dose would be around 50g (approx 5/6tsps).

The most important factor when buying chocolate bars is a high cocoa percentage (70 or more) as this is where you'll find the benefits. To get the maximum potency of cacao, opt for a powder versioning certified organic pure blends, which you can make hot chocolate or even your own chocolate bars.

Check out other nutritional facts @ evekalinik.com