



INSIDE WORKOUT

FITNESS WELLBEING NUTRITION MEDITATION HEALTH INTERVIEWS

Issue 2 2019

LISTEN UP

Find someone to talk to whilst in prison

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FOR MAXIMUM
GROWTH

FATHERHOOD

Being a parent
in prison

OATS

Superfood
available on
our canteen

FREE COPY



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FROM THE EDITOR

Inside workout

ISSUE 2 2019

Hello and welcome to another addition of Inside workout magazine, and what an issue it is, I can honestly say this has to be my favourite issue yet. Editing this issue and reading some of the articles in the process has made me reflect on certain parts of my time in prison. People change and stop committing crimes for various reasons mine was my daughter, She was just over 1 year old when I last went to prison and that time apart was the most painful thing I've ever experienced.

Pride, revenge, money, stupidity not one of these things was worth the time I lost with my little girl and not one of them will ever cost me another second with her again. In this issue there's a really good article on keeping involved with your child's growth and I really do recommend it, especially to those with older children.

As you may have noticed we've had a little bit of a makeover, I promise we are not getting all posh, this is all part of our mission to make Inside Workout more than just a magazine but a brand you guys can trust and rely on.

So without further ado here it is, issue 2 2019 of INSIDE WORKOUT. Inside you will find inspiring stories of people changing their lives for the better, both after release (STRAIGHT TALK with Bobby Kasanga, p4) and whilst still in prison (PRISON YOGA PROJECT p8). You'll also find advice on how to up your training to fit more into the limited time available (NEGATIVE REPS, p6) and ideas to make sure you're getting the most out of the food available on the canteen (SUPERFOODS, p11).

As always don't forget THIS IS YOUR MAGAZINE! so if you think it's missing something let us know, If you have a question about training or an idea for an article send them over, our address can be found in the "Got something to say" section of this page.

Editor
Nick Burke

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GOT

SOMETHING

TO

SAY?

We want to hear your comments, ideas, stories. Have a fitness question you need answering? Ask away. Want to share a circuit you've created? Get in touch at this address
**INSIDE WORKOUT, Salford Lifestyle Centre,
Camp st, Broughton, Salford M7 1T**

Straight Talk : Life After Prison

Bobby spent eight years in prison for gang-related crime but is now the driving force behind a football club that has become the heart of the community.



Bobby Kasanga remembers precisely what it was that first drew him into crime. "Trainers," he says. "My brother was big in local gangs and was buying new trainers all the time. His were always box fresh. Me, I still had the same pair I'd had for two years. I wanted shoes like his. I wanted some of his status. Simple as that."

A bright, articulate teenager, doing well in his studies, reckoned a real prospect of a footballer, Kasanga still found the lure of easy money from crime impossible to resist. He wanted those trainers.

"I had everything going for me: college, football, I had a good part-time job. It should have been enough. I should have been leading a productive life. Instead I spent most of my 20s doing time."

It is a pattern he sees being played out across modern London: black

teenagers succumbing to criminal temptation when they could offer so much.

The city, he reckons, is littered with squandered opportunity, wasted potential, lives torpedoed by crime. Which is why, three years ago, when he came out of prison for what he was determined would be the last time, he decided he was going to do something about it.

"Basically, I wanted to use my experience to make a difference."

The vehicle he chose was football. He might not have progressed as far in the game as his half-brother Medy Elito, the Cambridge United winger. But, in between spells in prison, he played for many a non-League club, from Fisher Athletic to East Thurrock, from Corinthian Casuals to Ashford.

And during his time patrolling the semi-pro game, he noted that in his home borough of Hackney there was not a single club that played above tier seven. So, he decided when he left prison to set one up.

In January 2015, he established Hackney Wick FC. And, within three seasons, thanks to his tireless enthusiasm, energy and skill in accessing funds, the first team are playing semi-professionally in the Middlesex Senior League, there is a women's team and the club have 250 junior playing members. This season they played in the FA Cup for the first time and drew over 750 for a derby with Clapton FC. And their founder has ambition to climb much higher. "I see AFC Wimbledon as our role model," he says. "Twenty years ago, they didn't exist. Now they are in

LISTEN UP

Prison can be hard, but you don't have to suffer in silence, the Samaritans Listener scheme is here to help support you through the harder times

The Listener scheme is a peer support service which aims to reduce suicide and self-harm in prisons. Samaritans volunteers select, train and support prisoners to become Listeners. Listeners provide confidential emotional support to their fellow inmates who are struggling to cope.

The first Listener scheme was introduced at HMP Swansea in 1991. Now, nearly every prison in England, Scotland and Wales has one. There are an increasing number of Listener schemes in Northern Ireland and the Republic of Ireland too.

"Because of the Listener scheme, the prison service has at its disposal an incredible tool that can and does make a difference for those contemplating suicide and self-harm in prison."-Alex Audain, released Listener

How does the Listener Scheme work?

Samaritans' volunteers work with prison staff to select and train prisoners who have shown an interest in becoming a Listener.

Selected prisoners attend an intensive training course. This is based on the training that Samaritans' volunteers undertake but is adapted to the prison setting. On completion of their training, Listeners receive a certificate and agree to follow Samaritans' policies and values.

Prisons aim to have enough Listeners available round the clock, for anyone who needs them. Support is given in private to allow complete confidentiality. The policy on confidentiality is the same as it is for Samaritans volunteers. Knowing that the service is completely private often gives prisoners the courage to ask for help and talk about what is getting to them. Even after a Listener has left prison, their work as a Listener must remain completely confidential.

Listeners are not paid and do not receive any form of benefit for their role. Support

Listeners receive regular support and meet often with Samaritans volunteers. Listeners can also phone Samaritans at any time to access support.

"In the beginning, it wasn't easily accepted by some staff, it was the old attitude that you lock them up and throw away the key. It's now much more accepted by prison staff who think it's a great help, and that it's important for not only the people who become Listeners, but also the people who need help."-Maureen, Samaritans volunteer.

To become a listener or to speak to one please contact a member of staff at your facility.

Need to talk now? The Samaritans can be contacted on 116 123

SAMARITANS



League One with a new stadium planned. Given where we've got in three years, I can't see why we shouldn't be thinking of doing the same."

The point about Hackney Wick, their founder says, is that they were not established as an ordinary club. They are ones with a message. This was a club set up to challenge the supremacy of crime, to give proper alternative to gang culture. By locking the club into the community, the intention is to address the growing dislocation between the youth and the mainstream where criminality festers. Thus everyone who joins has to guarantee to do a minimum of two hours a month voluntary work in Hackney.



NEGATIVE REPS

Eccentric training, better known as “Negative reps” is performing only the eccentric part of a lift. Almost every exercise there is can be split into the eccentric and concentric phase, the eccentric phase is where the muscles is stretched while the concentric phase is where the muscle contracts.

So in a bicep curl the concentric part of the lift would be curling the bar upwards, and the eccentric part would be lowering the bar back down. In a bench press the eccentric part would be lowering the bar (your pecs would stretch as you did this) while the concentric part would be pushing the bar back up.

How to Perform Eccentric Movements

To perform an eccentric movement you either need a partner, or something like a squat rack or smith machine that can prevent you from getting stuck under the bar (or something similar). For example let's say you are going to perform a negative bench press.

Set yourself up as usual on the bench but use a weight that is between 105 and 120% of your 1rm for the bench press. Obviously if this is the first time performing negatives then 105% would be recommended. Take the bar off the stand with the help of your spotter and bring it over your chest, now slowly lower the bar towards your chest. Fighting the bar all the way.

Once the bar touches the chest your spotter should immediately pull the bar off you, whilst you help them. Pause for around 10 seconds and then repeat.

Benefit #1. Increased Force

Many studies have found that eccentric training can massively increase force production, which has many carryovers in sport and exercise.

Benefit #2. Lowered Fatigue

This is probably due to the lengthening movement being more efficient than the contracting movement, and also explains why more force can be produced.

Benefit #3. Increased Hypertrophy

Eccentric training may not produce as much fatigue but it does produce more muscle damage than regular training [3]. This sounds bad but actually the more muscle damage a workout produces the more strength and hypertrophy you can expect (provided you consume sufficient protein).

Benefit #4. Improve Flexibility

As with its effect on injury risk, the effect of eccentric training on flexibility is very underrated. Combining eccentric training with static stretching has been shown to increase flexibility, and even when used on its own eccentric training is still effective.

BATMAN

WORKOUT

10 REPS EACH

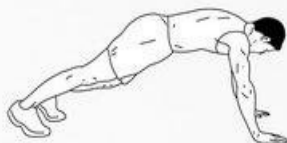
10 SETS



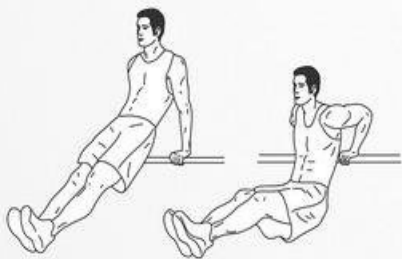
1. squats



2. push-ups



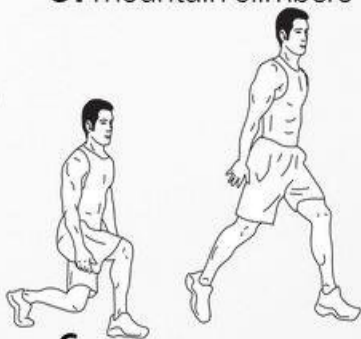
3. mountain climbers



4. tricep dips



5. cross punch sit-ups



6. jumping lunges



7. side plank crunches



8. leg raises



9. bicycle crunches



THE PRISON YOGA PROJECT

The Prison Yoga Project is bringing mindfulness, meditation and physical release to hundreds of prisoners. Inside Workout speaks to its founder JAMIE FOX

Where did the idea for the Prison Yoga Project come from?

James Fox: I became a teacher in 2000 after practicing for years and finding that while there were physical benefits, the greatest benefits that I was personally experiencing were emotional and psychological benefits. But I didn't want to teach in a yoga studio. I wanted to bring yoga to people who wouldn't otherwise be exposed to it, who could really benefit from it. So I started working with at-risk youth at a residential treatment facility for boys in Bolinas [in Northern California]. These boys came from neglectful and abusive backgrounds, most of them [were] on medication, a real mess. That was where I got it. I realized that working with their bodies was so much more effective than just working cognitively. I started to see yoga as com-

plementary therapy. For healing to take place, the body has to be involved. The counselors were saying, "Wow, the boys are feeling more self-confidence and self-esteem after having done yoga for two or three months." They were actually seeing changes in them.

How does a yoga class in prison differ from one in an ordinary studio?

There's more focus on mindfulness as the foundation for the practice. We're working in an environment where people are massively impacted by trauma. The three major components that contribute to trauma are a lack of safety, predictability, and control. Well, think about prison. Life in prison can be terribly unpredictable. I don't think public

classes really even consider engaging the parasympathetic nervous system, engaging the body's relaxation response. We want to be able to give the prisoners tools that they can use to calm themselves down when they need to. I get feedback along the lines of, "I was in the cell block, and this guy's been sweatin' me for a while. All of a sudden we're getting into it—and then I remembered to breathe. I remembered how to disengage." When these guys get into a situation like that or a guard confronts them, what are they going to do, bust out into Warrior II? No, they're going to bring in the most important part of their practice, which is learning how to disengage, learning how to interrupt that reactive behavior.

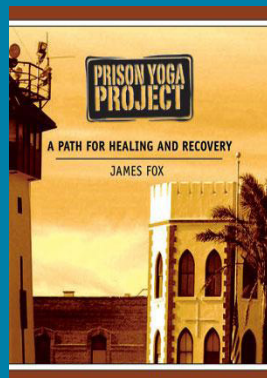
How do yoga and mindfulness help prisoners in working through trauma?

Complex trauma comes from a person's "original pain"—the original trauma in your life. It could be abandonment by a parent, death of a parent, sexual abuse, physical abuse. If you're not able to effectively address that original pain, it will come to shape your entire life. This is true for all of us. You're carrying this wound, and because the pain is not being addressed, you've created all the secondary pain in your life. So a young person starts acting out, maybe using substances, then maybe they start getting involved in criminal behavior and it just starts piling up. We'd be working with men in their thirties, and they'd be looking back at their life saying, "Oh my God. The whole trajectory of my life, committing all of these offenses was all because

of that original pain. I see it now." There's a cognitive aspect to it, but then as the psychiatrist Bessel van der Kolk has shown, the body keeps the score. The mind might get it, but the mind is tricky, and the mind has all these ways of dissociating out of protection. This field of research has been motivated by work with returning combat veterans, but you have to address the body when you're working with any kind of trauma. And the most insidious kind of trauma is this complex trauma, early life trauma.

Mindfulness means self-awareness. But you're not just engaged with the thoughts in your mind. Mindfulness is about understanding that you also live in your body. The asana practices then offer the opportunity to discharge the trauma that's held in the body. You're working with the body's wisdom. You don't have to conjure up, "Oh, there was that time I got in a gun battle on the streets of South L.A. and I didn't realize the amount of trauma that I was holding as a result of that." No, you don't have to go into that. The body will release. It'll discharge with a regular yoga practice. I think that's one of the reasons why people really get hooked on yoga. Even if they think that they're just doing it for the physical benefits of the practice. People feel so much better because they're releasing so much of that anxiety that the body holds.

Book Review



It is important to read this book in the context of its intended audience. To that end James Fox has brought the core elements of yoga in a plainly stated manner to people in prisons throughout the world. He has offered a basic practice to heal bodies and contribute to recovery and rehabilitation. Having recently been introduced to the yoga prison project, this book has been shared with nearly 28,000 prisoners and transformative yoga instruction has been offered at Prisons from San Quentin to Norway.

As a yoga instructor who is interested in serving practitioners who have experienced trauma, James Fox has created a practice that is illuminating to all of us but has taken this transformative practice to prisons with a passion of service to those marginalized and perhaps all but forgotten.

COMMUNICATE WITH EDUCATORS AND CAREGIVERS

Stay informed about what your children are learning and how they're performing in school. Depending on your facility, you may be able to call in to parent-teacher conferences covering your child's academic progress. You can request that your child's school send you copies of report cards or other important notices. Some schools might send you advance copies of your children's assignments so you can see what they're working on. If your children can send mail through a caregiver or family member, ask them to send recent schoolwork. Communication goes both ways, too. If you hear that your child is struggling to learn or follow the rules at school, you can encourage your child's caregiver to talk to the teacher and school counselor, explain the situation at home, and come up with positive ways to give your child extra support when needed.

BE THE DAD YOUR CHILD NEEDS

Fathers play a unique and irreplaceable role in their children's lives. According to Dr. Austen, that role includes being a guide—helping children find their way in a world that can be disorienting, overwhelming, and discouraging. With a parent in prison, your child's world may be especially challenging. Your child might be told that they will never amount to anything, or that they are destined to go to prison themselves. You can help by sending the opposite message. Tell your children that they matter—that they have value, abilities, and potential. If they know you believe in them, it will be easier for them to believe they can succeed. Parenting from prison is hard. There are challenges at every turn, and regrets about the past might make you doubt whether you can help. But by choosing to be involved in your children's education today, you can show them that you want to be the involved, responsible, and committed father they deserve. And while you can't change your past, you can change your future—and you can help shape theirs.



Father Time

Being a parent is not easy, being a parent in prison is really not easy!

Here are some tips on how you can stay involved in your child's life beyond phonecalls and visits

SET AN EXAMPLE

Being involved starts with being a positive role model. "It's hard to be what you didn't see," says Dr. Greg Austen, former director of national programming at the National Fatherhood Initiative, an organization that encourages fathers to be involved, responsible, and committed. Fathers' actions and behaviors heavily influence their children's views. Show your child the value of education by enrolling in classes available at your facility, or taking a correspondence course.

It doesn't matter if you haven't hit the books in the past. It's never too late to start. If your children know you're learning, too, it will show them that you value education in your life—not just in theirs.

Education doesn't have to be formal, either. Demonstrate the value of self-guided learning. Check out books from the library. Take notes. Read the same books as your child and discuss them through letters or during calls or visits.



OATS

Want to make the most out of the selection available on your canteen list and weekly menu? Superfood is here to give you the lowdown before you chowdown.

You were a lucky kid if your parents made you eat porridge for breakfast. No matter how vile those steaming bowls of bland mush may have tasted, porridge made of oats is a nutritional powerhouse with far-reaching benefits. Here are some reasons why you should never outgrow a morning porridge habit.



1. Oats are good for your heart
2. Oats are packed with fiber (4 grams per 1 cup).
3. Oats have plenty of protein (6 grams per 1 cup).
4. Oats help fight obesity and weight gain.
5. Oats will stave off hunger for longer.

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*“The best view
comes after
the hardest
climb”*

-Unknown