



**INSIDE**  
**WORKOUT**

FITNESS WELLBEING NUTRITION MEDITATION HEALTH INTERVIEWS

Special Issue 2020

## HEADS UP

Looking after  
your mental  
health while  
in isolation

## SWEATBOX

NO GYM  
DOESNT MEAN  
NO WORKOUT

**YOGA  
FOR  
BEGINNERS**

**SPECIAL  
LOCKDOWN  
EDITION**



GRIEF  
COPING WITH  
THE LOSS OF  
LOVED ONES

**FREE COPY**



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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*

## FROM THE EDITOR

Inside workout

It's safe to say these are strange times, sure many of us may be used to being restricted and being out of contact with loved ones but none of us have experienced anything quite like this before

For what its worth you are not alone as it seems the rest of the world has also been placed on lockdown with only essential shops open, most workplaces closed and people up and down the country suddenly experiencing a small taste of what it feels like being confined to their living space.

So without further ado here it is, The Lockdown Issue of INSIDE WORKOUT. Inside you will advice on how to cope with the tighter restrictions in place (STAY IN/ SUPPORT THE NHS/ SAVE LIVES p4) You'll also find advice on how to keep up your exercise in cell with our guide to bodyweight exercises (p7) and with all the stress in the air atm you can look to find some inner zen with our intro into yoga (10 BENEFITS OF YOGA p8).

As always don't forget THIS IS YOUR MAGAZINE! so if you think its missing something let us know, If you have 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.

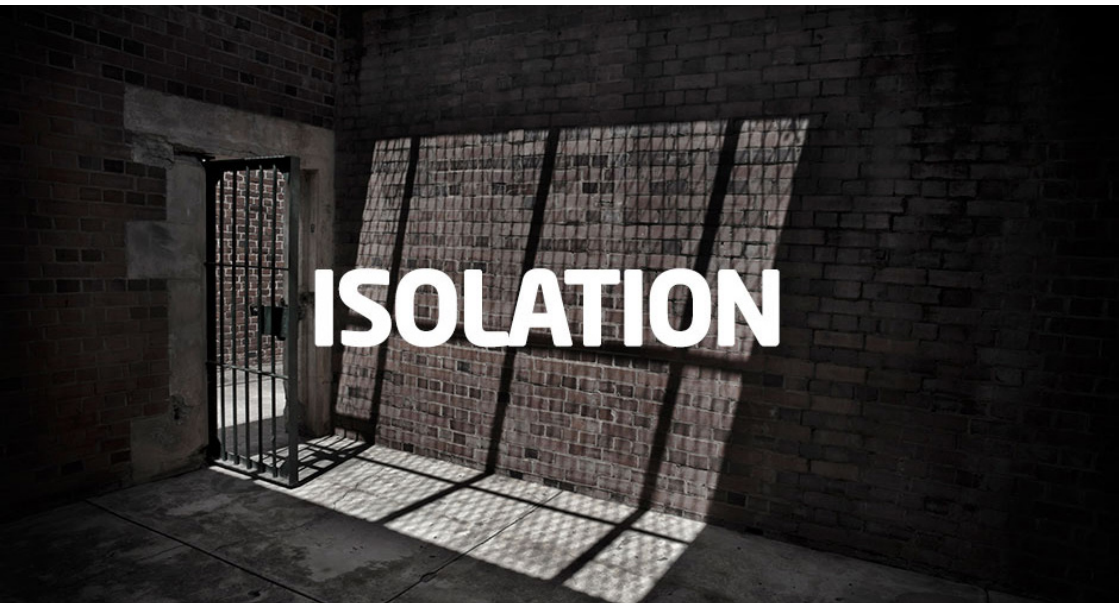
I hope you enjoy reading this issue and if you do please share it

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# Stay In/Support The NHS/Save Lives

Isolating or social distancing because of coronavirus (COVID-19) can be tough, it is important to look after your mental health. Here are some tips that may help.



## ISOLATION

Social distancing and isolation can be really hard to deal with. It's normal to feel anxious, frustrated or bored, and if you're worried about the effect it will have on your mental health, you are not alone. Here are our tips for looking after your wellbeing during lockdown.

### **Staying connected**

Phone calls are amazing, and are a great way to stay connected, but why not try writing a letter? It's something the person you write to can re-read over again.

Whether it's via phone or pen try not to let the coronavirus be the topic of conversation, instead use this time to connect. Say: "Can we talk about something different?" This can help stop every aspect of your life being taken over by talk of coronavirus.

### **Reach out**

You're probably not the only person feeling worried, bored or frustrated. It's a good time to talk to your cell mate or others on the wing, so don't be

afraid to make the first move and reach out to someone.

They'll probably be very grateful to hear from you.

### **Staying calm**

Why not try some yoga or meditation as a way to relax and also get some gentle cell-based exercise which can boost your mood?

**Take a break from the news**



It can be tempting to constantly check the news during times like this, but if you notice this is having a negative impact on your mental health. Try limiting how often you check the news.

Limit the amount of time spent checking the news by allowing a set time of day to do this. For example, saying "I will allow 30 minutes from 6pm," stops you constantly checking for updates which increases worrying.

### **Read a book**

Getting away from screens and reading a book can help you escape for a bit. Why not re-read one of your favourites, or get friends or family to recommend one? You could both read one at the same time, it may help you feel connected and give you something to talk about in letters or on the phone

### **Plan your days**

Your normal routine might be disrupted and that can be stressful. Take some time to write down how you want to spend your day. Creating and sticking to a new routine will give you a sense of order and normality.

Decide on your new routine and make sure you

build in time to do things you enjoy.

### **Feel productive**

Make a list of all those things you said you would do but never get round to.

These tasks can make you feel productive and give you a sense of accomplishment.

Tidying your living space can also make you feel calmer and more positive.

If you want to take the time off to rest and not be productive, that's also fine too. Listen to your body.

### **We are all in this together**

Being cooped up with other people will naturally be frustrating and might create tension between you and those you live with.

You can defuse difficult situations by walking away from arguments until everyone starts to feel calmer.

### **Create a rota**

If you're in a situation where you and your pad mate are fighting over who gets to decide what you watch on TV, who cleans, or anything else, you might find it helpful to create a rota. This can help

you agree a fair system and help avoid arguments.



# GOOD BYE

*LOSING LOVED ONES CAN BE HARD, IT CAN BE HARDER IF YOU ARE NOT ABLE TO BE THERE WITH FAMILY TO MOURN. UNDERSTANDING THE 5 STAGES OF GRIEF CAN HELP MAKE THIS EXPERIENCE MORE BEARABLE*

## 1. Denial & Isolation

The first reaction to learning about the death of a cherished loved one is to deny the reality of the situation. “This isn’t happening, this can’t be happening,” people often think. It is a normal reaction to rationalize our overwhelming emotions.

Denial is a common defense mechanism that buffers the immediate shock of the loss, numbing us to our emotions. We block out the words and hide from the facts. We start to believe that life is meaningless, and nothing is of any value any longer. For most people experiencing grief, this stage is a temporary response that carries us through the first wave of pain.

## 2. Anger

As the masking effects of denial and isolation begin to wear, reality and its pain re-emerge. We are not ready. The intense emotion is deflected from our vulnerable core, redirected and expressed instead as anger. The anger may be aimed at inanimate objects, complete strangers, friends or family.

Anger may be directed at our dying or deceased loved one. Rationally, we know the person is not to be blamed. Emotionally, however, we may resent the person for causing us pain or for leaving us. We feel guilty for being angry, and this makes us more angry.

## 3. Bargaining

The normal reaction to feelings of helplessness and vulnerability is often a need to regain control through a series of “If only” statements, such as:

“If only we had sought medical attention sooner...”

“If only we got a second opinion from another doctor...”

“If only we had tried to be a better person toward them...”

This is an attempt to bargain. Secretly, we may make a deal with God or our higher power in an attempt to postpone the inevitable, and the accompanying pain. This is a weaker line of defense to protect us from the painful reality. Guilt often accompanies bargaining. We start to believe there was something we could have done differently to have helped save our loved one.

## 4. Depression

There are two types of depression that are associated with mourning. The first one is a reaction to practical implications relating to the loss. Sadness and regret predominate this type of depression. We worry about the costs and burial. We worry that, in our grief, we have spent less time with others that depend on us. This phase may be eased by simple clarification and reassurance. We may need a bit of helpful cooperation and a few kind words.

The second type of depression is more subtle and, in a sense, perhaps more private. It is our quiet preparation to separate and to bid our loved one farewell. Sometimes all we really need is a hug.

## 5. Acceptance

Reaching this stage of grieving is a gift not afforded to everyone. Death may be sudden and unexpected or we may never see beyond our anger or denial. It is not necessarily a mark of bravery to resist the inevitable and to deny ourselves the opportunity to make our peace. This phase is marked by withdrawal and calm. This is not a period of happiness and must be distinguished from depression. Coping with loss is ultimately a deeply personal and singular experience — But others can be there for you and help comfort you through .This process. The best thing you can do is to allow yourself to feel the grief as it comes over you.



# Bodyweight Exercises

by DAREBEE @ [darebee.com](https://darebee.com)



**abs**



**quads**



**glutes**



**triceps**








































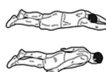

**biceps**



**back**



**chest**

 sit-ups	 lunges	 squats	 close grip push-ups			 push-ups
 reverse crunches	 high knees	 donkey kicks	 tricep dips	 backfists	 scapular shrugs	 chest expansions
 bicycle crunches	 side kicks	 bridges	 tricep extensions	 doorframe rows	 superman	 chest squeezes
 flutter kicks	 climbers	 jump knee tucks	 get-ups		 back lifts	 pike push-ups
 leg raises	 plank jump-ins	 fly steps	 punches	 sitting pull-ups	 alt arm/leg plank	 shoulder taps
 elbow plank	 lunges step-ups	 side leg raises	 side-to-side chops	 pseudo planche	 reverse angels	 clapping push-ups

# 10 Benefits of YOGA

## 1. Improve flexibility, strength, and posture

Daily yoga practice will help stretch and tone your body muscles. Popular poses like the plank will simultaneously work on strengthening your arms, legs, shoulders and abs. You don't have to be super flexible to practice yoga, the beauty of yoga is that it can be practiced at all levels of ability.

A few minutes a day practicing poses like the warrior or the downward facing dog, will soon make you really feel the difference in your flexibility, whether you're pretty bendy already or not. Daily yoga helps improve your posture, making you walk taller and sit up straighter. Aches and pains caused by incorrect body posture such as back pain can also be alleviated.

## 2. Better all-round fitness

When thinking of improving your fitness, most of us think of huffing and puffing away at the gym. But weights are not the only way to work out. Yoga gives you all that a gym can, but in a peaceful, safe and more holistic way. It combines aspects of cardio, functional and strength training all in one. What more could you ask for?

## 3. Weight loss

You don't have to practice Hot Yoga or be able to bend double in a yoga pose to lose weight. An everyday gentle yoga practice will fuel the metabolic system and will help burn fat, leading to weight loss. Daily yoga also strengthens the overall mind-body connection and helps you deal more effectively with unpleasant emotions rather than reaching for food to suppress those feelings.

## 4. Increase your energy

Just a few minutes of yoga every day will provide that much-needed energy boost and will keep us fresh

for longer. Yoga, with its unique synergy of body and breath work, is perfect when your reserves are running low.

Daily yoga practice will awaken the main energy centres (called chakras) in your body.

## 5. Reduce stress

Many work places now offer lunch-time yoga sessions because it's been shown that yoga is an amazing stress buster.

Are you coping with so much stress that it's keeping you awake at night? Studies have shown that practicing daily yoga can reduce insomnia. When experiencing insomnia, practice relaxing asanas or postures, such as forward fold (uttanasana) or lying on your back with your feet up the wall. Relaxing yoga poses such as the forward fold or lying on your back with your feet up the wall can calm both your body and mind.

## 6. Breathe better

Breathing deeply and calmly is an essential part of every yoga practice. Yogic breathing techniques (called pranayama) focus on trying to slow down the breath and on breathing fully from the pit of your stomach to the top of your lungs.

These methods will make you feel more relaxed and balanced and will help you face the day with confidence and calm. They also have some great side benefits including increased lung capacity and more tidal volume (the total amount of air your lungs can hold at any one time). You can adopt these techniques whenever needed in daily life. They can help you stay calm in emergency situations, think clearer in stressful situations and they can help reduce pain.





## 7. Be happier

Adding a few yoga poses to your daily routine can make you an emotionally stronger and happier person. A recent study has shown that practicing regular yoga and meditation results in higher serotonin levels (the happiness hormone).

The same study showed that long-term yoga practitioners have more mass in the areas of the brain associated with contentment. Another study has shown that the brain's gamma-aminobutyric (GABA) levels are higher after practicing yoga. Higher GABA levels are associated with lower levels of depression and anxiety. To put it simply, just 15 minutes of yoga a day can start changing your brain chemistry and improving your mood

## 8. Become more mindful

Yoga and mindfulness go hand-in-hand. When practicing yoga, you will shift your awareness to the sensations, thoughts, and emotions that accompany a given pose. That awareness will bring the mind back to the present moment – the main aim of mindfulness - where it can stay happy and focused.

Practicing mindfulness has lasting physical and psychological benefits that are very much in line with the benefits of yoga. You will feel more calm and relaxed, and less stressed and anxious. You will experience higher levels of energy and enthusiasm and more self-confidence and self-acceptance.

## 9. Improve concentration and think clearer

Yoga poses and meditation require you to concentrate on your breathing. This process of observing your breath calms your mind and makes you more mentally relaxed. As a result of this mental stability, you'll be able to recollect and retain more information. Meditating for just a few minutes in the morning can result in bet-

ter concentration throughout the day.

By reducing mental stress and physical tension, we are able to recall easier and have more organised thoughts. Improved cognitive function happens when we are able to clear our minds and refresh. From a place of peace and calm, we are able to use our mental facilities more efficiently. Overall, by reducing mental stress and physical tension through daily yoga, you'll be able to think sharper and have more organised thoughts

## 10. Live longer

As you now know, everyday yoga will help you increase your level of fitness, regulate your heart rate, reduce your stress levels and make you a happier person. All those elements may add valuable years to your life. It's also known that yoga decreases the risk of heart disease, and it reduces the pace of your breathing which has been directly linked to a longer lifespan. Recent studies have shown that the meditation element of yoga might help delay the process of ageing by protecting the telomeres (caps) at the end of our chromosomes, too.

**What more excuses do you need to hit the mat?**



## BEGINNERS YOGA



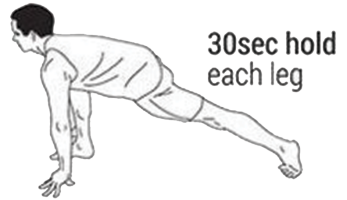
30sec hold  
each side

**1. warrior I**



30sec hold  
each side

**2. warrior II**



30sec hold  
each leg

**3. lunge**



30sec hold  
each side  
from lunge

**4. lunge w/ twist**



30sec hold  
each leg fold  
from lunge

**5. pigeon pose**



30sec hold  
from pigeon  
pose

**6. downward dog**



30sec hold  
from downward dog

**7. bow pose**



30sec hold  
from bow pose

**8. child pose**



30sec hold  
from child pose

**9. reclining hero**



## 10 STEPS TO MINDFULNESS



### Create time & space.

Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction



### Set a timer.

Start with just 5 minutes and ease your way up to 15-40 minutes.



### Find a comfortable sitting position.

Sit cross-legged on the floor, on the grass, or in a chair your feet flat on the ground.



### Check your posture.

Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.



### Take deep breaths.

Deep breathing helps settle the body and establish your presence in the space



### Direct attention to your breath.

Focus on a part of the body where the breath feels prominent: nostrils; back of throat; or diaphragm. Try not to switch focus.



### Maintain attention to your breath.

As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.



### Repeat steps 6-7.

For the duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.



### Be kind to yourself.

Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect (but still relaxed) position.



### Prepare for a soft landing.

When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.

*“As with the butterfly,  
adversity is necessary  
to build character in  
people.”*

**-Joseph B. Wirthlin**