

# IMPORTANCE OF MUSIC IN WORKOUT

From the introduction of aerobic dance in the early 70's, it has generally been regarded that exercise accompanied with great music can enhance your overall workout experience. Listening to music while you exercise may improve your fitness, commitment, and enjoyment. According to doctors and researchers, you can increase your motivation and concentration and decrease your conscious effort when you exercise by simply adding great music to your work out.

Studies have shown that listening to music during exercise can improve results, both in terms of being a motivator (people exercise longer and more vigorously to music) and as a distraction from negatives like fatigue. Researches revealed that more positive affect of a workout is observed during the music condition in comparison to the 'no music' condition.

## Here are some benefits of playing music while working out:

- Music diverts a person's attention in repetitive exercises, thus the feeling of fatigue, exhaustion, and boredom are evaded.
- Music can reduce the factors contributing to pain, tension, anxiety and discomfort.
- Music can act as a stimulant, which can increase your performance. Respiration and cardiac rate is increased from music. This can help you intensify your workout.
- The body movement to rhythm of music increases levels of output.
- The rhythmical qualities can follow the physical skills and can improve motor skills. Swimming and gymnastics are good examples of this.
- Physical strength can also be attributed with type of music. Sedative music decreases muscular potential training ability. Fast stimulating music can increase in muscle tension.
- It promotes a positive mood and avoids any kind of negative thoughts.
- It can make a workout fun, interesting and something to look forward too.
- Points to Remember while playing music:
  - Shuffle the music on a regular basis. Avoid any predictable or boring music
  - Keep the volume level at a respectable setting. Avoid loud noise music as it may lead to hearing damage. If one is jogging on public road, stay safe by being aware of other noises such as traffic or warning signals.
  - Do not use music as an excuse to push your body beyond its limitations. Be aware of signs of excessive fatigue, pain, or strain to keep your body healthy.
  - Try to purchase a music strap so that your music player is hooked to it. Don't carry it in your hand.
  - Don't waste precious workout time on finding the right track. Customize your playlist before starting the workout

The best music while working out is a subjective issue. Play the one you like! Whether you like rap, rock, or R&B, the right workout songs can make your exercise regimen a stimulating experience rather than a painful chore, and you'll quickly find yourself moving to the beat of a healthier lifestyle.



# HEALTHY RECIPES

## Bipin's Masala & Archers working together to make Hitchin a healthier place to live

### Pan Seared Rainbow Trout Methi

Preparation time: 5 mins  
Cooking time; 10 mins

Ingredients:  
600g rainbow trout fillets  
1 bipin's methi masala herbs & spice blend  
Coriander to garnish

Coat both sides of fillets with the methi masala and cook in a heavy frying pan with tiny amount of sunflower oil on medium heat cooking both sides for 5 minutes each. Rest for 5 mins. Garnish with freshly chopped coriander and a squeeze of lemon for extra dimension. Enjoy.



### Chicken Surti

Preparation time: 10 mins  
Cooking time; 25 mins

Ingredients:  
600g diced chicken  
2 bell peppers sliced 5mm thick  
1 bipin's surti masala herbs & spice blend  
1 tbsp tomato puree  
Coriander to garnish

Soften the finely chopped onion in 1 tsp of sunflower oil with the tomato puree. Add 600g of chicken, sliced peppers and mix in Surti masala, no need to add anything else, cook for 25 minutes at low heat in a covered pan to retain the moisture. Serve with a little rice and green leaf onion salad. Enjoy!



FITNESS @ ARCHERS HITCHIN MEMBERS

# NEWSLETTER

WINTER 2011

working in partnership

NORTH HERTFORDSHIRE DISTRICT COUNCIL



NOW AT ARCHERS!

POWER PLATE®

Discover the Difference

### What's it all about?

Power-Plate is a machine that gives the body's muscles a high-speed workout by using vibrations to stimulate them to contract and relax. They generally contract once or twice a second, but by standing on the Power-Plate, its vibrations cause an automatic reflex muscle contraction of 30-50 a second.

Power-Plate is a great time-saver due to the effectiveness of training and the fact that many muscle groups are activated at the same time. It's claimed that 10 minutes on the Power-Plate will have the same results as 60 minutes of conventional strenuous training.

### Better results in less time

Power-Plate is like the microwave of fitness - you can do as little as 10 minutes and still achieve a great workout.

### Start gradually

The best way to train is by increasing the frequency gradually. Beginners are advised to start with nine minutes of the resistance programme, followed by nine minutes of the stretch, massage and relaxation programme, both on the lower frequency and amplitude settings.

You can enjoy the benefits of the Power Plate for just £2 per month



IN THIS NEWSLETTER...

HEALTHY RECIPES



How to Control Weekend Binge



THE WOW! awards RECOGNITIONS

For the Most Authentic and Fresh Curry Sauces visit [www.bipins.co.uk](http://www.bipins.co.uk) to learn more. or contact [bp@bipins.co.uk](mailto:bp@bipins.co.uk)



## NEW Membership Benefits for all Archers Members

Speak to a member of the team for more information

### FREE Personal Training Session

Offer can only be used once per member. We reserve the right to withdraw this offer without prior notice. This offer can not be used in conjunction with any other offer. Voucher must be provided at time of purchase. No cash alternative. Photocopies will not be accepted. For members only. Valid Until 30/06/2012.



### One FREE Junior Gym Session

Offer can only be used once per member. We reserve the right to withdraw this offer without prior notice. This offer can not be used in conjunction with any other offer. Voucher must be provided at time of purchase. No cash alternative. Photocopies will not be accepted. For members only. Valid Until 30/06/2012.



### FREE 7 Day Pass for a Friend

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### FREE Hot Drink in the Splash Cafe

Offer can only be used once per member. We reserve the right to withdraw this offer without prior notice. This offer can not be used in conjunction with any other offer. Voucher must be provided at time of purchase. No cash alternative. Photocopies will not be accepted. For members only. Valid Until 30/06/2012.



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# The Do's and Don'ts of Fitness

We all are getting very conscious about health and fitness as we are struggling with our “modern” ways of life, which includes sedentary lifestyle and fast food! The importance of fitness is growing with time, and each member in a family is trying to follow a fitness regime according to their energy levels, requirements and age. But fitness mistakes also take place. Safety is an important issue when you perform workouts. A safe workout, with low risk of injuries, can give you the maximum benefits. Therefore, you should be aware of the Do's and Don'ts of fitness:

## The Do's: The Good Habits

- **Do Warm Up Exercises:** You tend to give less importance to warming up before beginning the actual workouts. Either you contribute very little time to warm up or you never go for that session at all. But your muscles, before being warmed up, are just like cold dough! You would develop the risk of tearing your muscles if you choose to train them at the cold state. Begin by walking for a few minutes to make your muscles ready for more rigorous exercises.
- **Focus on More Stretching:** It seems as if people have forgotten the art of stretching! Stretching has a positive impact on range of motion and flexibility. This activity also brings down the probability of muscle tightness and strain. You should stretch when your muscles are still warm after a workout session.
- **Carry a Bottle of Water to the Gym:** When you feel thirsty, the body passes out a signal to indicate that you are already dehydrated by 2 percent. So it would be wise on your part to carry a bottle of water to the gym. Drink water regularly between the workouts before you feel thirsty.
- **Consult the Trainer:** Some people fail to note what is best for them. They either opt for intense training or do workouts to a smaller degree that won't produce any significant result. If this is the case with you, then you should consult your fitness trainer to know the optimal levels of workout. He or she can design an effective personalized workout plan based on your fitness goals, fitness level and age, and make sure that you are doing your workout correctly.

Workouts are there to help you meet your fitness goals and not to produce any reverse effect by causing injuries to your muscles. Any muscular injury can lead to a discontinuation of your exercise regime. So it is very important for you to pay proper attention to the healthy practices of working out.



**Congratulations to Maria Esson & Steve Albon for receiving a WOW award for excellent customer service!**

**If you receive excellent service from a member of the Archers Team, why not nominate them for a WOW! Award**



# 11 Tips to Control Weekend Binge



Our weekend is full of trips, meetings, shopping and inadvertently eating. The weekends can be challenging for even the most diligent dieters. Weekend binge can get out of control resulting in you forgetting those exercise and fitness gains you made during the week. Even the most dedicated dieters may find it difficult to maintain their eating habits during the weekends.

According to a study published in the Obesity journal, people on strict diet and exercise programmes tend to lose weight more slowly than expected, because they ate more on weekends than during the week. Another study found that people eat 40-50 percent more saturated fat on a Saturday or Sunday than the recommended value, all thanks to a diet consisting of pizzas, chocolates, chips, ice cream and cakes.

Yes, weekends are a time to let loose after a long week at work, but it is important to pay attention to the stuff that you're eating and the quantity you're eating, so that you don't overeat and ruin all your hard work. Here's some advice to help you enjoy your weekend without falling off your healthy eating plan:

1. **Start with a plan:** If you don't have a plan, you will end up watching TV and munching on something. So set your schedule on Friday night itself. Make sure your weekends are busy with family activities, socializing with friends, and running errands. Plan your weekend out perfectly, so you know exactly what you are going to eat.
2. **Wake up early:** Most people have a habit of waking up late on the weekends. But you have to wake up at the same time on the weekends as you do during the week. This way your eating timings are not ruined.
3. **Exercise early:** Take a walk or go for a bike ride to balance out those extra calories that you will be taking in later. Resist the urge to spend countless hours on the couch. Get the family or friends to go with you.
4. **Have breakfast:** Start the day with a complete breakfast meal that includes protein and fibre. This will keep you feeling satisfied until lunch. And, since you will not be making frequent visits to the kitchen, this will result in a reduced calorie intake.
5. **Avoid alcohol:** Alcohol has a lot of empty calories. Instead switch to green tea or plain and simple water. Alcohol also weakens your resolve to make healthy choices when you do sit down to dinner. If it is imperative to have a drink, stick to lower-calorie options such as light beer or wine rather than mixed drinks or cocktails, which can have upwards of 500 calories each.
6. **Shopping:** Weekends are also full of shopping activities. So don't shop when you are hungry otherwise you will end up bingeing. Also, if possible, shop on Saturday afternoon so that you can stock up for the rest of the weekend and the week ahead.
7. **Manage your calories:** Many people feel they deserve a treat at weekends after being “good” all week. And for many, that treat is food. But it's important to pay attention to exactly what you're eating and the quantity you're eating at weekends. If you are not careful, even a few treats can easily provide you more calories than you have saved during the week. The golden rule is to make sure you stick to your daily calorie allowance. There are non-food ways also to treat yourself, like catching a movie, meeting a friend for a walk or getting a massage at a spa.
8. **Eat less at parties:** Instead of grazing the appetizers at weekend parties, portion your appetizers onto a small plate. Otherwise, you may end up in nearly 600 calories you really didn't mean to eat in the first place. Also, it is a good idea to eat a small protein-rich snack before you leave home for the party. This will help you not to overindulge.
9. **Cook yourself:** Instead of constant nibbling in front of the TV rather make a meal for your family. Stick to the same low-fat ingredients and cooking methods as you normally would. This way you will be busy and will not binge.
10. **Weigh yourself on Monday:** A great way to gain insight as to what happened in the weekend is to weigh in on Monday morning. You're less likely to overeat on the weekend if you have to step on the scale on Monday morning.
11. **Stay active:** Most people are more active on weekdays. The whole routine of going to work requires that people move about. So don't let exercise slide off just because it is weekend.

And remember, if you have a blowout dinner or graze on weekend at a family party, simply get back on track on the next weekend. So, this week, stop and re-assess how you did last weekend, and make plans to make the next weekend better.



# RAISING MONEY THE ARCHERS WAY!!!



**Kellie Middleditch, Vicki Causer & Laura Causer raised just over £200 for Race for Life in Stevenage**

**Vicki Causer also raised £206 for Addenbrookes paediatric ICU**



**Maria Esson raised £1130 for Alzheimer's Alisa raised £1070 for cancer research.**

## Meet the Team

**Candice McCandless-Lewis**  
Sales Advisor  
Joined SLL: April 2010



How long have you been with SLL?

Since April 2010

Where did you work before?

I bartended and waited tables whilst attending University in Louisiana, USA

What is your greatest working achievement?

Excelling as a visual merchandising manager at GAP, and being awarded the top manager's award.

What is your greatest personal achievement?

Graduating from University with a Criminal Justice degree with Honours

How do you unwind (hobbies etc)?

In my spare time i enjoy drinking with friends, dancing, shopping and listening to music.

Where would you like to be in five years time?

I would like to be in a career that has to do with my degree

What would you be doing if you were not at SLL?

I would probably be pursuing a job in my field or furthering my education

What is your most unattractive habit?

I tend to overanalyze and worry too much