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# MEN'S RECOMMENDED CALORIES

It is no secret that men consume more than women and we do it for a reason: to keep our metabolism high and burn off all those excess calories!

But it's easy to lose sight of how many calories we actually need. From drinking soft drinks to eating junk foods, men are consuming too many calories without even being aware of it. And it ultimately leads to weight gain and other health issues.



So how many calories do men really need? What are our recommended Calories for a day? Let's find out below:

### **How many calories do men need?**

As we mentioned earlier, men have a higher metabolism than women and therefore they need more calories per day.

The recommended Calories for a man varies from age to age but in general, it is around 2,500-2,700.

However, that number may increase or decrease depending on your size and the amount of exercise you get throughout the day. For example, if a man exercises for one hour per day, he will need about 300 extra Calories to keep his metabolism high and healthy.

### **How can you tell if you're not getting enough or too many Calories?**

If you're not getting enough calories, you will experience fatigue and your metabolism will drop. You may also feel hungry most of the time and crave unhealthy foods such as sweets and sodas.

On the other hand, if you're consuming more than what is recommended, then chances are that you will gain weight easily and your waistline will start to expand.

You may also suffer from other health issues such as diabetes and high blood pressure, which is why you should always try to strike a balance when it comes to how many calories you consume.

### **What is the best way to burn off those extra calories?**

There are many ways you can burn off the extra calories you consume throughout the day.

Here are some recommendations that will help you burn those extra Calories:

1. Exercise for at least 30 minutes per day: You can start with walking, running, or biking. Anything that will help you sweat and keep your heart pumping is great.

2. Eat smaller portions: When you go out to eat at a restaurant, don't order the biggest portion on the menu just because it looks good or you're hungry. Order something that is right for your appetite and share if needed.

3. Don't eat late at night: Avoid eating those extra calories just before going to bed as the food will only sit on your stomach and you won't be able to burn it off throughout the night.

4. Stop drinking soda: Soda is a big no-no because it doesn't fill you up, has too many Calories, and can lead to diabetes and heart disease. Drink water instead. Water is calorie-free, healthy, and will keep you full for hours.

5. Eat healthy snacks throughout the day: By snacking on things like fruits, veggies, and whole grains, you will keep your metabolism going and won't feel hungry. The extra fiber will also help you stay full longer.

6. Reduce alcohol consumption: Alcohol is full of empty calories and Calories are an important part of every man's daily diet. If you try to maintain a balanced diet plan that includes all the necessary nutrients, exercise regularly, and drink lots of water, then it will be easy for you to keep your calorie intake in check.

can easily lead to weight gain. Try drinking a glass of water in between each alcoholic drink you take.

### **What else should you know about Calories?**

1. Consuming too many calories is one of the major causes of obesity in our society today. You don't have to be a scientific genius in order to understand how Calories work and their importance in your body. All you need to do is read a few labels, control your portions, and incorporate exercise into your daily routine.

2. Even though Calories are important, you should pay attention to what kind of food is giving you those Calories. For example, the Recommended Calories for a man is 2,500 but that number can go up or down depending on how much protein and carbohydrates you're taking in. Try not to focus too much on numbers and focus more on what you're putting in your body.

3. Calories are not the ultimate measure of a food's nutritional value. That is why it is important to divide Calories by the amount of protein, carbohydrates, fiber, and fat in order to get an idea of how healthy the food you eat really is. For example, one slice of white bread will have about 80 Calories but that same slice of bread will have 3 grams of protein, no fiber, and 2 grams of fat.

4. You can maintain your calorie intake by following a strict diet. You just have to do some research and come up with meal ideas that can provide you with the recommended Calories and nutrients that your body needs. You can use online calorie calculators to figure out how much calorie is required for you. Also, don't forget about the cheat days. You need to give yourself some slack now and then so you don't feel deprived.





# WHAT HELPS MEN KICKSTART THEIR METABOLISM

**Do you feel sluggish? Maybe your metabolism is on a downward trend. What can you do to kickstart it and get back on track?**

The first thing you should know is that men's metabolism rates are different from women's. Men typically have a higher baseline for their basal metabolic rate, which means they need more calories to maintain weight. However, men need to do more than eat a lot of protein and lift weights. They also need the right foods and exercise to speed up their metabolism so they can break down fat and build lean muscle mass.

**Here's what you should do to kickstart your metabolism**

1. Eat enough calories: The body needs a certain amount of calories to run everyday functions. If you eat

less than that, your metabolism slows down because it thinks you're starving. Eating fewer calories also means the body doesn't have enough energy for exercise. You should take 2,300 - 2,500 calories each day to kickstart your metabolism. 2. Eat more protein: Protein is one of the most essential nutrients for building muscle. Muscle burns more calories than fat, so having more lean muscle mass will increase your metabolism passively.

3. Exercise regularly: You don't have to spend hours at the gym to speed up your metabolism. Resistance training, otherwise known as weightlifting, is one of the best ways to build lean muscle mass because it helps burn fat. And more lean mass means more calorie burning

4. Get enough sleep: The body heals and rebuilds muscles when we

sleep. A lack of sleep can lower testosterone levels, which lowers your metabolism. Getting at least 7 hours of sleep every night will help you maintain a proper balance of hormones so you can get rid of fat quickly.

5. Drink cold water: Surprised? Studies show that drinking 0.5 liters of cold water increases our metabolic rate by 10%-16%. The body uses energy to heat the water up to our normal body temperature, which means more calories burned. And more calories burned means an increase in metabolism.

**Final thoughts:**

So there you have it! Those are the best ways to speed up your metabolism and get back on track. It only takes a few simple changes to your diet and lifestyle to get there, so give it a try!







# RECOMMENDED PROTEIN POWDER FOR MEN WANTING TO GAIN MUSCLE

When we exercise and lift weights, our muscle tissues get damaged and the body needs to produce new muscle cells. When the damage is repaired, they become bigger and stronger than before. This process is called Muscle Protein Synthesis (MPS) or also known as Muscle Recovery.



To make the recovering processes more effective, you've to make sure that your body has enough protein to carry out MPS.

Not getting enough daily amounts of protein will result in muscle loss as well as a decrease in the body's ability to build muscle.

And what better way to add protein to your daily diet than through a good supplement?

Protein powders are famous all over the world. From professional bodybuilders to people who want to stay in a good shape, protein powders are the go-to supplement for your diet.

Here are some of the best protein powders available in the UK:

### 1. MyProtein Impact Whey Isolate

With 90% of protein and 1% of fat and less than 1g of carbs per serving, it's the perfect option if you're trying to watch your calorie intake or cut back on carbs. Ideal for fitness enthusiasts who need a high-protein supplement at an affordable price.

MyProtein's whey isolate has a great amino acid profile that contributes to the maintenance and growth of muscle mass as well as improving recovery. It is perfect for everyone looking for a high protein and low-fat supplement. You can get 23g of protein per scoop.

### 2. Vivo Life Perform

Vivo Life Perform is a vegan protein powder with 25g of protein per serving. It has 4 incredible flavors, Acai & Blueberry, Madagascan Vanilla, Raw Cacao, and Salted Maca Caramel.

This product not only contributes to muscle growth but also increases your energy levels helps you maintain a healthy metabolism. All the flavors are delicious too!

### 3. Optimum 100% Whey Gold Standard

Whey protein is preferred by many people because of its complete amino acid profile and because it's absorbed very quickly by the body,

Due to its high concentration of essential BCAA's (Branched Chain Amino Acids). One scoop contains 24g of protein that contributes to muscle growth. Optimum 100% Whey Gold Standard is available in 4 different flavors: chocolate, vanilla, strawberry, and banana crème

### 4. NutriCost Whey Protein Concentrate

With 5 different flavors to choose from, NutriCost Whey Protein Concentrate is a no-frills protein powder.

It offers the muscle-boosting benefits of whey protein for cheap. It's certified from a cGMP-certified facility and third-party tested by Analytical Research Laboratories to ensure safety for athletes. It comes with multiple minerals that are essential for muscle building and your overall health. You can get 25g of protein per serving.

### 5. Bulk Pure Whey Isolate 90

For those who are lactose intolerant, Bulk Pure Whey Isolate 90 can be a great option. All Bulk Powders' products are made in the UK and are of the highest quality. This product is perfect for muscle recovery as well as boosting your daily protein intake. You can get 27g of pure whey isolate per serving. With different flavors like chocolate, chocolate peanut, banana, strawberry, and white chocolate to choose from, this product is a great option.

### 6. MyProtein – The Whey

MyProtein has a wide range of flavored protein powders. From chocolate to salted caramel,

Myprotein's products appeal to a large variety of people who want their daily intake of protein from different sources.

One scoop of The Whey contains 23g of protein and only 1g carb and 0.1g fat per serving which makes it an ideal choice for people who are watching their calorie intake.

### 7. Dymatize Nutrition Elite Whey Protein

One of the bestselling protein powders out there, Dymatize Nutrition Elite Whey Protein is a great choice for those who are looking to meet their daily protein intake. It's made with lactose-reduced whey isolates, so it doesn't have any carbohydrates or fats. You can get 25g of pure whey isolate per serving. This product is available in 4 flavors like chocolate, vanilla, strawberry, and banana crème.

### 8. Healthspan Elite Complete Vegan Protein

If you want to get your protein fix without any cholesterol, Healthspan Elite Complete Vegan Protein is an excellent choice. This vegan protein powder contains 21g of protein per serving, which contributes to muscle growth and maintenance.

It has other benefits like natural probiotics for digestive health and live enzymes that aid in the breakdown of food into energy.

### Conclusion:

Whether you're a bodybuilder, athlete, or just someone who wants to be healthy, protein supplements can help boost your daily protein intake. They also contribute to muscle growth and maintenance as well as improving recovery. There are thousands of protein supplements out there, but these are just a few of the top ones that you can try. Choose a supplement from this list and start experiencing the benefits right away!





# HEALTHY(ER)

## CHRISTMAS TREAT IDEAS





**Christmas is a time for indulging in delicious food. However, as the year draws to a close and New Year's resolutions become more of a priority, it can be tempting to stick with healthy options.**

If you're looking for some great recipes that will keep your diet on track without sacrificing enjoyment this holiday season, we've got you covered!

Keep reading to find out about the best healthy Christmas treats around town.

Here are some healthy (and delicious) alternatives that will help you stay on track this holiday season. You should be able to find recipes for these online easily!

#### **1. Chocolate Peppermint Brownies:**

These brownies are made from all-natural ingredients like cocoa powder, eggs, almonds flour, and honey. That means they're full of protein too. Plus they have just two tablespoons of honey. For an extra twist on this recipe, try adding some orange zest and dried cranberries. These brownies are just as delicious as any other, but they're made with ingredients that are free of processed sugar and gluten. And kids would love them.

#### **2. Mincemeat Pie with Candied Citrus Peel:**

This pie is made with mincemeat, which means that it's full of traditional Christmas spices like allspice and nutmeg. And because it isn't made with refined sugar or white flour, you can enjoy a slice guilt-free. This mincemeat pie is the perfect way to fit some new traditions into your life without compromising on flavour or tradition.

#### **3. Spiced Rum Cake with Orange Marmalade Glaze:**

Christmas wouldn't be the same

without a scrumptious spiced rum cake. Of course, traditional Christmas cakes are full of refined sugar and white flour. Not exactly what you want on your new year's diet plan!

This cake can be made with Agave nectar for sweetness and whole-wheat pastry flour to make it healthy. You can even add in some extra goodies to make this cake your own. Almonds and dried fruit would work well, and you could even add a few tablespoons of dark rum.

#### **4. Spiced Pumpkin Cupcakes with Honey Frosting:**

These festive cupcakes are made without refined sugar, flour, or oil - making them perfectly healthy for the holidays. They're also made with whole-wheat flour and a hint of pumpkin, so they're full of festive flavour as well. If you really want to make them your own, try adding some chopped nuts or even chopped crystallised ginger for a spicy kick. This is the perfect way to skip the processed sweets this year without compromising on flavour.

#### **5. Grinch Cookies (green sugar cookies)**

These cookies are made with whole-wheat flour, coconut oil, honey, and dried fruit. And don't worry - even though they have healthier ingredients, they taste just like the real thing. Not to mention their bright green colour makes them a festive holiday treat. These cookies are full of festive flavours and you don't need to feel guilty every time you take a bite!

#### **6. Cranberry White Chocolate Oat Bites**

These bites are low in sugar but high in vegan protein. They're made with flaxseed meal, rolled oats, fresh cranberries, white chocolate chips, and a bit of coconut oil to hold everything together. With just

four ingredients, they're easy to whip up in no time. Plus they're full of festive flavours like cranberries and white chocolate, which will bring any holiday party to life.

#### **7. Cinnamon Apple Chips**

Another great treat for the holiday season is apple chips. Not only do they satisfy your craving for something crunchy, but they also taste amazing. These apple chips are baked instead of fried and spiced with cinnamon to make them extra festive. Plus they're made using Agave Nectar or honey rather than refined sugar - making them healthier substitutes for their fried counterparts.

#### **8. Almond and Coconut Superfood Bars**

These bars are an easier take on traditional energy balls - they're made in a bar shape so they pack more punch than their ball-shaped cousins. These bars are filled with healthy ingredients like oats, flaxseed meal, coconut oil, and honey so they'll keep you feeling full for hours.

Plus they're made with almond butter and whole-wheat flour, so nutty chocolate lovers will be in heaven.

With just five ingredients, they're easy to make without compromising on flavour - making them an ideal holiday treat.

**Healthy Christmas Treats are not difficult to make. You just have to think out of the box and show some creativity. These recipes are easy to make and follow, but most importantly they use healthy ingredients.**

**So have fun making them and spending some time with your family this holiday without compromising your health.**







# WHAT TO DO WITH YOUR LEFTOVER CHRISTMAS DINNER



**It's the day after Christmas, and you're still feeling stuffed from yesterday. But you still have a few bits and pieces of food leftover. Throwing and wasting food is not an option.**

So what to do with them?

Leftovers can make a delicious, healthy, and cheap lunch the next day. They are already cooked, so you can save a lot of time. You don't even need any great cooking skills or effort. Just use your creativity to make a completely new meal with the leftovers. Here are some suggestions on how to use your Christmas dinner leftovers:

### **1. Make a soup:**

Soup is very easy and quick to make. Many soups only need some liquid (such as stock or water), vegetables, and some spices for flavour. You can make some tasty chilli from your leftover roast. Just chop up the meat and vegetables, add some spices to your chilli powder, fry it all up in a pot with some oil, then add two cups of water or stock and bring it to a boil. Then simmer until the vegetables are soft.

### **2. Turkey & ham pie**

Making a pie is similar to making soup, but a bit more time-consuming. But it's still really simple once you know how to do it. You can make all sorts of pies with your leftovers, such as meat pie or sweet pies. Just use your leftover roast meat and vegetables for the fillings, then add some gravy or sauce for flavour. And lastly, add some leftover stuffing for texture then put

it in a pie crust. Bake in the oven until the crust is crispy and brown on top.

### **3. Leftover curry**

You can make an Indian-style curry with your Christmas dinner leftovers using recipes from cookbooks or the internet. For example, you can use your roast meat, vegetables, and gravy as the curry filling. Add some dry spices to a pot with oil, fry them up until they are fragrant. Then add half a cup of water or stock and bring it to a boil. Let it simmer for about 5 minutes then stir in one can of coconut milk and heat through. Then serve the curry with white rice.

### **4. Leftover roast vegetables with pasta**

Leftover vegetables are good for pasta dishes. You can make spaghetti Bolognese out of your leftover roast meat, vegetables, and gravy. Just chop up the meat and vegetables, add some spices (such as salt, pepper, basil), fry them up in a pot with some oil then add two cups of water or stock and bring it to a boil. Then add one can of crushed tomatoes and simmer for about 5 minutes. Finally, stir in some tomato paste to thicken it up, then cook your spaghetti according to the instructions on the package. Just before serving, mix in some leftover veggies with the spaghetti Bolognese.

### **5. Festive stuffed chicken**

Stuffing is the perfect filling for chicken breasts. All you need are some cream cheese, stuffing mix, and some leftover chicken breasts.

Cut a slit in each chicken breast to make pockets for the stuffing. Then take some softened cream cheese and sprinkle it with dry stuffing

Fill up each pocket of chicken breast with this creamy mixture then cook in the oven according to the instructions on the packaging.

### **6. Leftover sandwich**

This is our favourite! You can make a fantastic leftover sandwich with any kind of meat, vegetables, and sauce you have leftover from Christmas dinner. For example, you could use roasted beef or turkey slices in your sandwich. Just add a slice of cheese, then add some vegetables and stuffing on top. Drizzle some gravy over the sandwich, then add a bit of cranberry sauce for extra flavour and colour.

### **7. Spicy turkey noodles**

You can make a good noodle dish with your leftover turkey and gravy. Just chop up the meat and vegetables, add some spices (such as salt, pepper, basil), fry them up in a pot with some oil then add two cups of water or stock and bring it to a boil. Then stir in one can of coconut milk and heat through. Finally, stir in some tomato paste to thicken it up.

**It's better to use your creativity to save your food instead of throwing it away. Plus, leftovers that you eat later are a great way to reduce the amount of money you spend on groceries each week. Just be sure to store them properly in a refrigerator or freezer until you are ready to use them.**





# WANT TO GIVE BACK THIS CHRISTMAS?



Christmas is the time when we all gather and enjoy ourselves with our family and friends. But not everyone is so lucky as us. Many people are still in need, for example, homeless people, who don't even have clothes. So why not make this Christmas special for them? If you want to help people who need it, here are some great Christmas fundraising ideas for you.

## 1. Create a social media event

This is a great way to raise some money. You can create a page on Facebook, for example, and invite everyone you know or those who follow your page to attend this event. Maybe it's not as good as organising an actual party, but the main purpose of this activity is to

gather people for a particular cause.

## 2. Used clothes collection

People would love to donate their used clothes to those who are in need. This is also great if you want to get rid of your old clothes and do something good at the same time. You just need a team of people who would collect these clothes and deliver them to a charity.

## 3. Festive Bake-off

You can organise a bake-off in your workplace or neighbourhood to raise some money. Everyone will bring some baked goods and sell them to those who attend the event. You can also ask local shops if they would like to donate some money

as well by displaying the charity box in their shop.

## 4. Gift wrapping party

You can organise a party with your friends and family, where everyone brings some presents and you all wrap them together. After that, you can deliver these wrapped packages to people who need them. Use your social media networks to spread the word and make it a success.

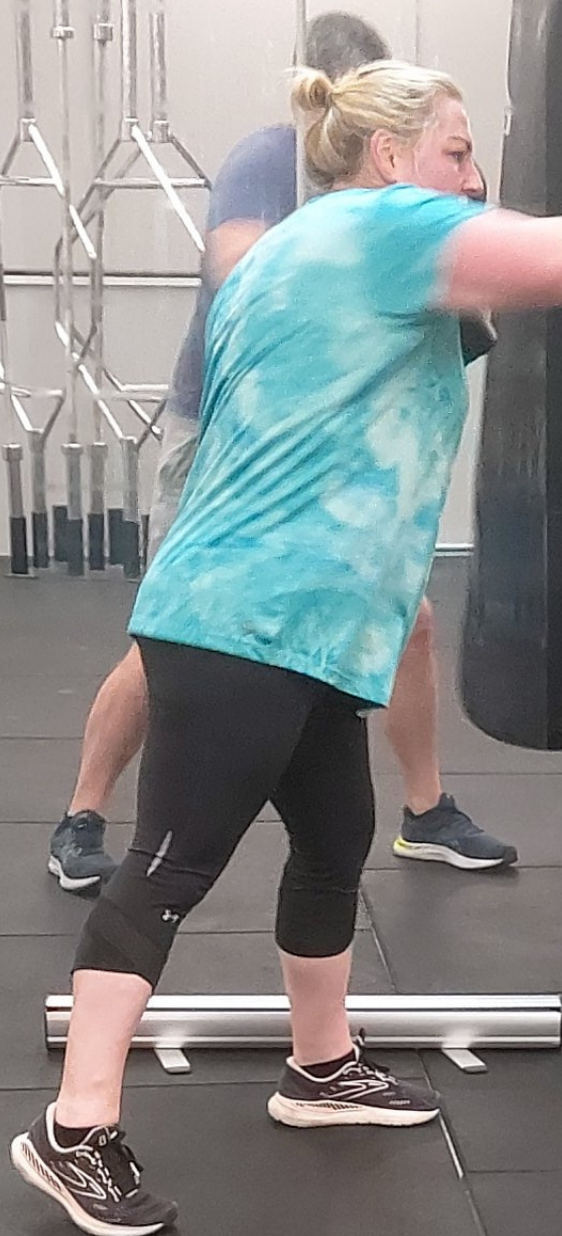
Christmas is definitely the time to make things right, so why not use these ideas to help others?

**You can do something good for those who are less fortunate. This way you'll be able to do something for the community.**





# BENEFITS OF STRENGTH TRAINING FOR WOMEN



The most popular misconception about women in strength training or weightlifting is that they will develop large amounts of muscle, which would make them look bulky. This is not the case. Women simply do not have enough testosterone to build significant muscle. So this concept doesn't even make biological sense.



Weight training not only builds muscles but also has other benefits including stronger bones, better posture, increased metabolism, decreased fat percentage, & more

So don't let yourself be discouraged from trying weightlifting. Go to the gym and keep lifting those weights.

These are some of the reasons women should try adding some strength workouts to their routine today!

### **1. Lifting weight makes your bones denser**

Lifting weights in your 20s and 30s can help you keep your bones strong.

We start to lose our bone density as we age and women tend to lose it sooner than men. This causes women to be at a higher risk for osteoporosis later in life, so getting your weight-bearing exercises in daily will help you ward off this disease!

Lifting weight increases the amount of calcium in your bones, which is key to that density. It can even decrease your chances of breaking a bone by 50%!

So, don't worry about getting too bulky (which is not going to happen anyway) - you will be stronger and less likely to break something!

### **2. Strength training increases metabolism**

A strong metabolism is really important to maintain good health. It will help you burn fat more efficiently and lose weight. Bone density is connected to metabolism, so by doing weight training you're not only going to have stronger bones, but your metabolism will increase with it.

When you lift weights, your body recognises that you are putting a demand on it and will immediately

try to adapt. It does this by increasing your metabolism so that more calories get burned, even when you're not exercising. So your metabolic rate gets increased every time you lift weights.

### **3. Lifting weights gives you a good posture**

Lifting weights will help you develop a good posture because the more muscles you have, the better your posture will be.

Having good posture is really important to look taller and slimmer. When you have a strong core from lifting weights, it not only gives you a great-looking body but also protects your back from injuries.

Weight training makes your core stronger and boosts strength in your back, which helps to prevent injuries to it as well as keeps you straight. So when you walk around you'll be confident about your posture and you'll look better too

### **4. Weight training makes the weight loss process faster**

There is no doubt that cardio training is essential for losing weight. But if you want to make the process faster, you should definitely consider adding weight training to your routine. It's a proven fact that women who do weight training regularly burn more fat than the ones who do just cardio.

As we mentioned earlier, weight training increases your metabolism rates. So with increased metabolism, your body naturally burns more calories. So when we add cardio to that, it makes the fat-burning process even faster and you lose weight really fast.

### **5. It Makes you look attractive Have you ever imagined how the models in magazines manage to maintain a great figure?**

Maybe not all women but some women would love to have that body. Well, many of them spend hours weight training. Weight training can visibly define muscles and making your figure look better.

Weight training is not only good for the inside but also the outside, which gives you a much slimmer appearance. So women who have been trying to get rid of those bulges should definitely try out weight training.

### **6. Makes you feel stronger**

It's the era where women are working their way up to achieve high positions at work. They're trying hard to prove themselves equal if not better than the men who are dominating most of the top positions. Any woman would want to be strong and confident about her abilities. Lifting weights will make you feel stronger by improving your moods, which is scientifically proven. Weight training also improves your overall health.

So when you're healthy from the inside, it reflects on the outside. You feel physically strong and mentally confident.

### **Final thoughts:**

**You can imagine how many benefits you'll get if you do strength training regularly. So women, don't fall for that myth that lifting weights will make you bulky.**

**It's completely false! And in fact, if you're trying to lose weight by just doing cardio, it might affect your metabolism in the long run so think about adding weight training to your routine.**

**Once you start training, your body will automatically start changing and you'll begin to look slimmer and feel stronger. Make sure to do weight training three times a week to see the best result.**







**WHAT HELPS WITH  
ACHES AND PAINS**

**DURING PREGNANCY?**

It's nature's law that beautiful things come with a price. And pregnancy is not an exception. Pregnancy may bring joy to a lot of people but it also brings a fair amount of pain and discomfort...

During pregnancy, a woman's body goes through several changes, and these changes sometimes cause discomfort and pain in some women. From back pain to abdominal cramps, there are many pains that a pregnant woman may encounter.



However, there are several ways to reduce pain during pregnancy. And the good news is you do it at home comfortably. Here are some simple yet effective ways that can help alleviate pains during pregnancy. But first, let's see what causes aches and pain in women during pregnancy. What causes pain in women during pregnancy?

Here's a list of what causes pain and discomfort in pregnant women:

### **1. Weight gain**

About 25% of pregnant women experience pains because they are now carrying extra weight. Although this may be normal, it is still a big challenge for many expecting mothers which results in aches and pains in the spine, hips, knees, shoulders, etc.

### **2. Relaxin hormone**

This is also called the pregnancy hormone. It is one of the changes that occur in a pregnant woman's body. The Relaxin hormone makes ligaments become flexible which can cause pain, particularly in the neck and lower back region.

### **3. Pregnancy-related low back pain**

Painful sensations are experienced by about half of pregnant women around 25 to 30 weeks of pregnancy. The sensation is due to poor posture and the additional weight a woman carries around her waistline, which strains the ligaments and other soft tissues supporting the uterus.

### **4. Round-ligament pain**

Round Ligament Pain usually happens when a woman laughs, coughs, or stands up from a seated position. This is actually caused by the body's attempt to support the growing uterus, which puts pressure on the round ligaments.

### **5. Pelvic girdle pain**

Pelvic girdle pain usually occurs in the front or side of the pelvis, but it may also occur on one or both sides. It's often felt as a dull ache that deepens when you move your legs apart or put weight on your feet. This happens because of pelvic instability caused by pregnancy hormones.

So now we know some of the most common causes of pain during pregnancy.

### **Let's take a look at some of the most effective ways you can reduce aches and pains during pregnancy.**

#### **1. Regular Exercise**

An exercise regimen throughout pregnancy is very important not only to the mother but also to the baby in her womb. Exercise reduces stress, helps with the breathing and the overall fitness of the person. You don't have to go to the gym or buy expensive equipment, just a few light exercise sessions, yoga, and bodyweight exercises like squats or arm circles can get the job done.

#### **2. Taking a warm bath**

Aside from exercise, taking a warm bath is also beneficial to women who are pregnant. Taking time to relax in the tub will help soften your muscles and ease your aches and pains. Also, the hot water helps to reduce muscle spasms, which cause cramps or abdominal pain.

#### **3. Proper nutrition**

You can't ignore your nutrition during pregnancy. Eating healthy can help ease the pain. One of the most important vitamins that you need to take for your baby is folic acid. This will help prevent your baby from developing birth defects while helping you reduce pains during pregnancy too.

#### **4. Drink Plenty of Water**

Staying hydrated throughout your

day is important because it helps reduce back pain caused by an excessive build-up of harmful toxins in your body. It is very important that you drink at least 8 glasses of water every day to prevent dehydration from causing pains during pregnancy.

#### **5. Massage**

Massage is one of the most popular ways to ease pain during pregnancy. Many women get massages done by professionals so they can relax and feel good. But you don't have to pay to get a massage. You can watch simple tutorials and ask your partner to do it for you. Or, if you are really not into that, you can buy an in-home massage device to save time and money.

#### **6. Wear proper shoes**

Most women don't know about this but your shoes play a major role in both reducing and increasing your pain during pregnancy. Pain in the feet and legs is another common problem that many pregnant women face. Wearing high heels can increase this problem because it shortens your calf muscles and cause tension on the feet.

So, wearing flats or sport shoes will make a huge difference to your overall health and body aches during pregnancy.

#### **7. See a doctor if your pain is serious**

If the pain you feel is more than just a minor problem, go see your doctor. Don't wait to see if it goes away. This could be a warning sign of something more serious and it is important that you get yourself checked out to prevent any future complications.

The aches and pains during pregnancy are unavoidable but they don't have to get in the way of your life or your baby's development. Taking care of yourself by following the above-mentioned ways will help you reduce the pain and make your pregnancy period more relaxed.





# WHAT VITAMINS SHOULD A 50 YEAR OLD WOMAN TAKE

As we reach our 50's, proper nutrition becomes more essential than ever, especially if you are a woman. Women tend to be more nutritionally deficient than men because most women go through many hormonal as well as physical changes. In addition, women's body compositions are considerably different than men's so they may have a weaker immune system.



Pregnancy, childbirth, breastfeeding, menstrual cycle, etc, drain a lot of nutrition from women's bodies and make their immune system weaker.

Therefore, it is always better to add the necessary vitamins and minerals to your diet.

Here are the top 5 vitamins for women in their 50s to take.

## 1. Vitamin D

Vitamin D is an essential vitamin that controls your body's metabolism and maintains the calcium concentration in the bones.

Therefore, it plays a significant role in making sure that you have strong muscles, bones and teeth.

**Non-Veg sources:** Fish, egg yolks, liver, red meat.

**Vegan sources:** Mushrooms, rice milk, almond milk, Fortified cereals.

## 2. Vitamin B12

Vitamin B12 is a water-soluble vitamin that's essential for normal growth and development. It helps in the creation of the red blood cells

that carry oxygen all over your body. The deficiency of Vitamin B12 can cause anemia, fatigue, vision loss, depression, etc.

**Non-Veg sources:** Fish, meat, eggs, poultry, milk, yogurt, cheese.

**Vegan sources:** Fortified cereals, fortified almond milk, fermented soy drinks.

## 3. Vitamin C

Vitamin C is a powerful antioxidant that strengthens your immune system and protects against colds, flu, and other infections. It also helps in collagen production that keeps your skin healthy and young-looking.

**Sources:** Citrus fruits, broccoli, Brussel sprouts, papaya, strawberries, kiwi fruit, green and red bell peppers.

## 4. Calcium

Calcium is vital for strong and healthy bones and teeth. It also plays a pivotal role in the proper functioning of muscles, nerves, and blood vessels. It keeps you strong and active.

**Non-Veg sources:** Milk, cheese, yogurt, ice cream, puddings.

**Vegan sources:** Fortified soy milk and orange juice, leafy green vegetables like kale and broccoli, fortified cereals.

## 5. Iron

Iron is an important component of red blood cells that helps in the transportation of oxygen around your body. It improves your metabolic rate and enhances your energy levels.

**Non-Veg sources:** Lean red meat, dairy products, fish, eggs.

**Vegan sources:** Fortified cereals, beans, lentils, spinach.

It's not easy to get all these vitamins and minerals from your daily diet. So, you should take some supplements to fulfil the deficiencies.

**Also, you have to stay active and exercise on a regular basis to get the best results. No matter how old you are, eat your meals, exercise regularly, and stay healthy.**



# THE MYTH THAT WOMEN SHOULDN'T LIFT WEIGHTS

**Lifting weight and women, what could be more contradictory? There are countless myths about what women should and shouldn't do in the gym. The myths about weightlifting are probably the most common, however.**

Because of these false ideas, some women are afraid of lifting weights. But they are missing out on the many benefits that weightlifting offers for girls and women. Lifting weight not only improves the physical condition of men but also has positive effects on women. So women should ignore these false myths and definitely consider adding weights into their training routine.

So let's take a look at the top 3 myths around women and lifting weights and bust them:

**Myth 1:** Lifting weights makes women bulky. This is probably the most famous one. There is no natural way you can get bulky muscles like men by lifting weight.

Either you have to take (illegal) hormones or supplements, or you have to be incredibly lucky and/or gifted.

The reason why men get bulky muscles (and women don't), is because of the high amount of testosterone. Since women have way less of that hormone in their bodies, it's impossible for them to bulk up like men naturally.

**Myth 2:** Lifting weights can damage women's reproductive system. This myth has only been spread because there are very few good studies done about the effects of weightlifting. So people think there could be a negative effect when these two don't even have anything to do with each other at all. Lifting weights can actually be beneficial for women's reproductive system, as it reduces stress levels and keeps metabolic levels high. And also, it can help with menstrual problems, for example, heavy bleeding or irregular periods.

**Myth 3:** Because it's dangerous, women shouldn't lift hefty weights. It's a pretty common myth that has been spreading for hundreds of years. People think that because of women's smaller bone structure than men, they're more likely to get injured.

But the truth is just the opposite! Lifting weights strengthens not only your muscles but your bones too, so you become less prone to injuries. And anyway, if you do any physical activity with caution and care, you're less likely to get any injuries!

## Final thoughts

So ladies, don't be afraid of lifting weights. You shouldn't fall for all the false myths and stereotypes about women and weightlifting. If you want to improve your physical condition, lose some extra pounds or just get stronger, don't hesitate to lift some decent-sized weights like dumbbells or barbells. So keep lifting those weights!



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