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SPORT & FITNESS



**WEIGHT LOSS
PLANS FOR MEN**

**POST WORKOUT
MEAL IDEAS**

**NOVEMBER 3RD -
NATIONAL
SANDWICH DAY**

THE BEST FITNESS APPS



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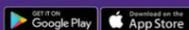
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HEALTH DISCLAIMER

This magazine may provide information related to exercise, fitness, diet and nutrition and is intended for your personal use and informational purposes only. You should consult with a physician before beginning any exercise, fitness, diet or nutrition routine, especially if you are pregnant or have pre-existing health conditions. Nothing contained in this magazine should be considered medical advice or diagnosis. Your use of this magazine is entirely at your own risk.



This feels like a really big topic, and it is, so we need to understand what makes someone healthy. It's really easy to lose track of your health in this fast-paced world. But it is really important to understand what you need to do in order to become healthy.

Both diet and fitness play a major role in being healthy. A lot of people think they can just exercise and eat whatever they want, but this isn't the case. If you're serious about becoming healthier, don't miss out on eating more veggies as well as exercising regularly!

So now let's look at some tips on how to become healthier and live a more fulfilling life!

HOW TO BECOME HEALTHY

THE DIET

First of all, it is important to understand that there are no magic foods or drinks when it comes to being healthy. You can't just eat one thing and become healthier, you need a variety of foods and also need to exercise regularly in order for your body to stay fit!

Having said this, if you're looking for a diet plan then here are some of the most important elements:

EAT MORE VEGGIES AND FRUITS

Vegetables and fruits are loaded with vitamins, minerals, antioxidants, and fibre. This means that your body will strengthen from eating them on a regular basis. Vegetables provide you with a wide variety of vitamins. Fruit's main benefit is that it provides you with antioxidants which will strengthen your immune system.

EAT MORE WHOLE GRAINS

Whole grains are a great way to sneak in some extra fibre and

vitamins which you can't get from other foods. Whole grains also contain minerals like calcium, iron, zinc, magnesium, etc...which help with your metabolism as well as keeping your bones healthy. There is a lot of debate among experts on the benefits of whole grains, but it is generally agreed upon that people should eat more fibre.

INCLUDE LEAN PROTEIN

Protein is an important building block for our muscles, bones, and tissues. It's also great because you feel full after eating it. Try to eat more chicken breast or fish, since they have a low amount of fat and high amounts of protein. Plant-based proteins are great for vegetarians and vegans, too.

AVOID UNHEALTHY FATS

We all need a certain amount of fat

in our diet, but it is important to watch out for unhealthy fats since they can lead to weight gain. Unhealthy fats include things like hydrogenated vegetable oil, palm kernel oil, and many trans-fats which you will find in candy bars or fast foods. Instead, try eating healthy fish that has a lot of omega-three fatty acids.

DRINK PLENTY OF WATER

Drink at least 8/9 glasses of water every day. This prevents you from feeling thirsty and is also great for your skin. It also helps you digest your food better and reduces bloating.

THE FITNESS

When it comes to fitness, the most important thing is consistency. There are no shortcuts when it comes to making yourself healthier or losing weight. You need to stay consistent with your workout routine if you want to see results.

BODYWEIGHT TRAINING

If you don't have access to a gym or any fitness equipment, then bodyweight training is the way to go.

All you need for this type of workout are your own muscles! It's also great because it doesn't stress your joints as weightlifting does.

CARDIO TRAINING

Running, jogging, swimming...are all examples of cardio training. This type of workout helps you burn calories and improve your cardiovascular health. If you're not into intense cardio training then try doing yoga or pilates which is very beneficial for mental clarity as well as flexibility.

WEIGHT TRAINING

Although a lot of people think weight training is only for those who

want to become big and bulky, this isn't true. Lifting weights a few times a week will not make you bulk up unless that's your goal and you're following a strict training plan and diet. Instead, lifting weights helps strengthen your bones as well as burn calories, and it's great for both men and women!

TAKE PROPER REST

One of the most important, but often overlooked elements when it comes to becoming healthier and losing weight is proper rest. Sleep helps your muscles recover after a workout and also provides you with more energy throughout the day.

If you find yourself struggling with getting enough sleep each night, try taking some time out for yourself before bed in order to "de-stress."

A few other things to consider

- Use stairs instead of the elevator and escalators
- Park at the far end of a car park when you go shopping
- Walk to do your errands instead of driving
- Ride a bike instead of driving all the time
- Walk your dogs so you have a reason to get outside and move
- Sleep 7-8 hours a day

Final Thoughts:

So now you have it!

The best way to become healthy is by eating your vegetables, fruit, whole grains, lean protein, avoiding unhealthy fats, and getting plenty of exercise!

Try doing this for at least 30 days if you want to feel the difference in how much healthier you are. You have to remember that consistency is key in order to become healthy.

CAUSES OF FATIGUE IN MEN



Fatigue is very common in men. It may be normal in some situations, but not in others. It is important to identify the cause of fatigue in order to treat it effectively. If you keep ignoring your fatigue, sooner or later you will become too weak to do your normal activities.

It's also true that some men don't pay enough attention to their health. So before it's too late, it is better to treat the cause of your fatigue.

The causes of fatigue in men:

There are many reasons that can cause fatigue in men. You have to figure out what makes you tired and take the appropriate action. Here are some common causes of fatigue in men:

1. Nutrition can cause fatigue.

Nutrients are the key ingredients used by our cells to build all the necessary enzymes and molecules for cell production, regeneration, etc. So if you don't feed your body with enough nutrients, it will not produce enough energy to meet its daily needs.

2. Poor blood circulation.

There are many causes of poor blood circulation in men, but diabetes is the most common one. With high glucose levels in your bloodstream, your body tissues cannot get enough oxygen to produce energy, so you start feeling tired and weak all the time.

3. Stress can cause fatigue in men

Stress is the most common thing that causes fatigue in men. Stress releases a hormone called cortisol, which is toxic for your body if it's released in the long term. With high cortisol levels, you will lose energy and become tired easily.

4. Sleep disorders can cause fatigue

If you suffer from sleep apnea or another sleep disorder, obviously you won't get enough quality sleep. Your sleep cycle is broken and your body does not get enough time to recover from a whole day of activities.

5. Medical conditions

Some medical conditions can cause fatigue in men, such as heart disease. If your heart is not pumping enough blood to meet all your

body's needs, you will have no energy and feel exhausted constantly.

6. Lack of activity and exercise

If you don't give your body a chance to be active and sweat, it will become weak and tired easily. Doing regular exercises and participating in physical activities is the best thing that men can do to keep their bodies strong and healthy.

How can men deal with fatigue?

Once you find out what's causing your fatigue, you can take the appropriate action. Here are some ways to deal with fatigue:

1. Nutrition

You should always take a healthy and nutritious diet if you want to avoid fatigue. There are many foods that improve your energy levels, such as fruits and vegetables, lean meat, whole grains, etc... So don't stop eating these foods because they can give you enough nutrients for good health.

2. Exercise

Exercise is another factor that can help you fight against fatigue. There are many types of exercises you can do to keep your body fit and strong, like jogging, swimming, cycling, etc...

So exercising regularly will not only make you feel good but also energise your body all the time.

3. Get enough sleep

Good sleep is the best thing that can make you feel refreshed and energised again. If you don't get enough quality sleep, your fatigue may not go away even if you treat it successfully.

4. Stress management

If you are feeling stressed out all the time, you should learn how to

manage stress properly. Reducing stress can help you deal with fatigue and keep you away from health issues. Yoga and meditation can help you a lot when it comes to dealing with stress.

5. Quit bad habits

You might have to quit smoking, drinking alcohol, or using illegal drugs if you want to stay away from fatigue and health issues. These things can make you weak in the long term. They will destroy all your efforts to treat your fatigue successfully. So don't be lazy and take action now!

6. Taking supplements

Supplements can be a useful way to get rid of fatigue, provided that you choose the appropriate one. Herbal supplements are very popular among people because they may have fewer side effects than pharmaceuticals and provide many health benefits such as improved energy levels.

But make sure you read reviews about a particular supplement or consult your doctor before you buy it.

7. Consult a doctor

If you feel that medication is the best way to manage your fatigue, then don't think twice before consulting a doctor. There are many types of medications that can treat fatigue successfully with few side effects.

Fatigue is very common among men and it has many different causes. So if you are constantly feeling tired, you should treat your fatigue first before it goes out of control.

Take action now and stop feeling miserable because fatigue will destroy your entire life if you don't take any action.

How does hormonal imbalance cause

WEIGHT GAIN IN WOMEN?



It's no secret that hormonal imbalance can cause weight gain in women. It's not just a myth and it happens to many women on a daily basis. There are several factors that contribute to the issue of obesity such as eating more calories than you burn, an unhealthy lifestyle, or exercising less than your body needs for maintenance. But what else could make someone overweight?

Is it possible that hormones play a role in causing weight gain?

What is the hormonal imbalance in women?

The endocrine system is a group of glands that produce hormones. These glands release hormones into the bloodstream, which make their way to organs and tissues throughout the body. The proper balance of these chemical substances can mean a healthier life for women as they age, but there are many factors that may disrupt this delicate balance. Once something starts to go wrong with the endocrine system, a hormonal imbalance can begin to appear.

How is hormonal imbalance related to weight gain?

In women, the endocrine system includes the ovaries, adrenal glands, and thyroid glands. Hormones from these organs regulate many necessary functions throughout the body including reproduction, metabolism and growth. Since the hormones in women are directly responsible for their shape and size when their levels change they cause a number of problems including weight gain.

Hormones that are responsible for weight gain in women:

There are certain hormones that have a direct influence on weight gain in women. Here are 10 of the most common ones:

- Thyroid
- Insulin
- Leptin
- Cortisol
- Estrogen
- Ghrelin
- Progesterone
- Testosterone
- Glucocorticoids
- Melatonin

Causes of hormonal imbalance in women:

There are many different causes of hormonal imbalance in women. All these elements can lead to health issues that can show up as weight gain or obesity. Here are the most common ones:

1. Stress

When you are stressed your body starts to produce a hormone called Cortisol, which is directly related to weight gain. Cortisol is not good for you because it can lead to diseases such as diabetes and high blood pressure.

2. Eating habits

Many women eat more than they should and that leads directly to the issue of obesity and hormonal imbalance. If you want to avoid weight gain, you need to deal with bad eating habits.

3. Thyroid problems

The thyroid gland plays a major role in metabolism and is directly related to the weight gain process. Women who have a problem with their thyroid gland can have a hard time losing weight or just keep it under control.

4. Other diseases

There are many other diseases that can lead to hormonal imbalances and they all have a negative effect on weight gain, which is the main problem here. Diseases such as PCOS (Polycystic Ovary Syndrome), diabetes, heart disease, etc. can all lead to the issue of weight gain.

5. Medications

There are plenty of medications that can lead to hormonal imbalances in women, which means weight gain is inevitable. This problem can be very hard to deal with so you should always take this into account if you are thinking about having your medicine changed or replaced.

How to deal with hormonal imbalance

It doesn't have to be hard to deal with the issue of hormonal imbalance.

Once you know there's a problem, all you need to do is follow these steps:

1. Take your medications as they are prescribed. If your doctor gives you any medication make sure you take them as asked because this could lead to problems such as weight gain.
2. Drink plenty of water and reduce caffeine or alcohol. While you are drinking plenty of fluids, make sure that you avoid beverages that contain caffeine or alcohol because they can lead to dehydration and weight gain issues.
3. Join a gym and start working out. If you want to keep your body safe from weight gain - join a gym and start working out.
4. Get rid of stress as soon as possible because this can lead to many other problems that you don't want to deal with. Meditate, do yoga or just spend some time in nature or with family.
5. Avoid unhealthy foods such as refined sugars, trans fats, white flours, etc. Eating these foods will lead to weight gain and hormonal issues in women, so make sure you avoid them at all costs!
6. Quit or reduce bad habits like drinking or smoking. If you want to feel good and live a nice life, then these are things that you should stop doing as soon as possible.

Conclusion:

Hormonal imbalance and weight gain are interrelated. If you have a hormonal imbalance, it's very likely that you will find it harder to manage your weight. But it's definitely curable. All you need to do is just follow whatever your doctor says and make certain changes to your lifestyle. It may seem hard at first, but once you get used to it, you will be just fine.



BEST

FITNESS APPS

When you think about fitness, what comes to mind? For most people, the answer would be going to the gym or working out at home. But what if we told you that all of your fitness needs can be met using your smartphones?

We're not exactly talking about magically slimming you down just pressing a few buttons. To make the most out of your phone's fitness capabilities, you'll need to download a few fitness apps.

Fitness apps offer users exercise programs for all levels and goals while also incorporating some social aspects into them through their community features. The app will then track your workouts and keep you motivated with reminders throughout your journey!

So let's look at some of the best and most popular fitness apps out there!

1. FREELETICS

Freeletics is a fitness app that focuses on bodyweight exercises, which are easy to do anywhere, anytime. It also provides personalised high-intensity interval training workouts with useful audio coaching to help you get fit fast. You can find different variants of a single workout, whether it's high or low impact, so you can customise your workouts accordingly.

Free for basic, paid plans available

Pros

- High-quality video workouts ensure that you get the most out of your training
- Led by expert coaches who will motivate you to do your best
- You can complete 5-minute to 30-minute workouts at any time and in any place
- 14-day money-back guarantee on trainer subscription

Cons

- There is a limitation in Free-content bank
- Lack of customisability in free workout programs
- Stretching routines are not properly done

2. Pear

Pear is a mobile app that offers personal fitness training for everyone. It's designed to fit your schedule, whether you have 10 or 30 minutes. You can choose from hundreds of custom-made workouts to get fit fast. It's available on both iOS and Android devices.

Free for basic, paid plans available

Pros

- A wide range of on-demand workouts
- Great interface to easily track your progress
- Motivational content shared daily
- Various levels of difficulty for different types of workouts

Cons

- Outdoor activity focus

5. JEFIT

JEFIT is a simple fitness app that focuses on strength training exercises. The free version of the app has over 1,300 exercise videos so you can get your workouts in no matter how busy you are.

You can also keep track of your progress by recording reps and sets for each workout. JEFIT's key feature is its UI. Most users have stated it to be extremely easy to navigate and help you focus on what exercises you need rather than if you have the right equipment for them or not.

Free for basic, paid plans available

Pros

- A wide range of free workout programs
- Exercise instructions that are easy to follow and understand
- Tracks your progress over time
- Expert-led routines
- Simple UI

Cons

- The free version comes with ads
- There are not many additional features

Final thoughts:

Technology is everywhere! So why not in the world of fitness apps? There are hundreds of different mobile applications that allow you to work out no matter where you go. The apps listed above will help you get started on your fitness journey. But remember, when you use apps, you're on your own!

So you have to be disciplined and determined as well as be willing to put some hard work into it.

If you're not, then these apps will only end up being a waste of your time and money!

Cons

- There is no food or diet tracker
- Limited workout customisation options

3. Map My Run

If you're a runner, then Map My Run is the app for you. It allows you to track all of your running activities and help motivate you along the way. You can set goals, map out new routes, or just start exploring your area so that next time when it's time to run, you know exactly where to go. You can also share your location with others for safety.

Free for basic, paid plans available

Pros

- Tracks stats like calories burned, pace, elevation climbed, etc.
- Allows you to share your location with friends and family for safety
- Keeps all of your running routes mapped out if you get tired of the same thing
- Expert-led exercise routines

Cons

- Running focus but can track other activities

4. Strava

If you're looking for more of a social aspect with your workout, then you should try Strava. It's like having an entire community of runners and bikers who are always there to provide motivation when you need it.

With over 4 million users, the app makes it easy to find nearby running and cycling buddies or compete in an organised competition.

Free for basic, paid plans available

Pros

- 4 million users mean that you will never feel lonely
- GPS tracking lets you see how far and fast you run or ride
- It also has a community forum for users to share photos, tips, and advice with each other



It's important to find a weight loss plan that works for you. Some people prefer to work out at home while others prefer the gym. As a beginner, you might want to start with a simple workout routine.

Exercise is an important aspect of any weight loss plan for men because it increases the body's rate of metabolism and burns excess calories.

But ignoring diet could be a huge mistake. To lose weight you have to eat healthily. A healthy diet is very important to maintain a healthy lifestyle. A lot of men tend to choose convenient but fattening foods like burgers, chips, and unhealthy snacks. These could be your worst enemy.

Both exercise and diet play an important role in weight loss plans. So let's find out how to implement these two vital factors into your weight loss plan!

WEIGHT LOSS PLANS FOR MEN

What should I look at first when starting out?

In order to begin your weight loss journey, you have to find out where you stand. You need to know your weight, height, age, and other defining factors. Once you have this information at hand it will be easier for you to find an effective workout plan that'll suit your fitness needs.

It's time to create your weight loss plan!

Now that you have determined where you stand, it's time to create an effective routine. You should first start by setting a goal and think about the changes you want to see in yourself. It could be losing 10 pounds or 100 pounds - whatever your goal is make sure to write it down.

Once you have established your goals the next step is to choose a workout and diet plan that suits your needs. If you are not sure where to start, go online and research which kinds of exercises and diet plans are beneficial for men. Better yet, speak to your local gym - joining will give you access to their trainers who will be able to provide you with effective dieting tips.

However, there are a few common things you can do to ensure your success. Here are a few things you can check out to get an idea. Let's begin with the diet!

The diet

Here are a few tips on what kind of food you should be eating.

Protein-rich foods

Foods that contain large amounts of protein will help your body build muscles and burn fat at the same time. It's important to note that if your calorie intake is above 2000 calories, you should prioritise

protein-rich foods. Add lean meat, chicken breast, egg whites, etc. to your diet.

Complex carbohydrates and fibre Eating foods rich in fibre and complex carbohydrates is another great way to lose weight. Foods like oats, beans, peas, brown rice, whole-wheat pasta, whole-grain bread, and cereals are a real treasure for people who want to lose weight.

Fruits and nuts

Nuts are a great source of healthy fats and proteins. Eating nuts is one of the best diet tricks in the book. As for fruits, they are rich in antioxidants, which can keep you healthy while you lose weight.

Green leafy vegetables

Eating green leafy vegetables like spinach, kale, chard, cabbage, etc will help bulk up your muscles and burn fat at the same time. This is because these vegetables are rich in fibre and help increase the body's metabolic rate.

As you can see, there are many food sources that can help you lose weight effectively! But diet is not everything. You have to work out as well!

Exercising

Exercising is essential when it comes to weight loss plans because it increases the body's rate of metabolism and burns excess calories. Here are a few tips on how to start.

Cardio

Cardio exercises are very effective in burning fat because it boosts your body's metabolism. There are a lot of cardio exercises you can try such as running, cycling, swimming, and jogging. Do this as often as possible to see the best results.

Weight lifting

This is another great way to burn fat and build muscles at the same time.

However, before starting any kind of weight training make sure that you know your body's capabilities and fitness level first. You don't want to overdo it and end up injuring yourself.

Strength training

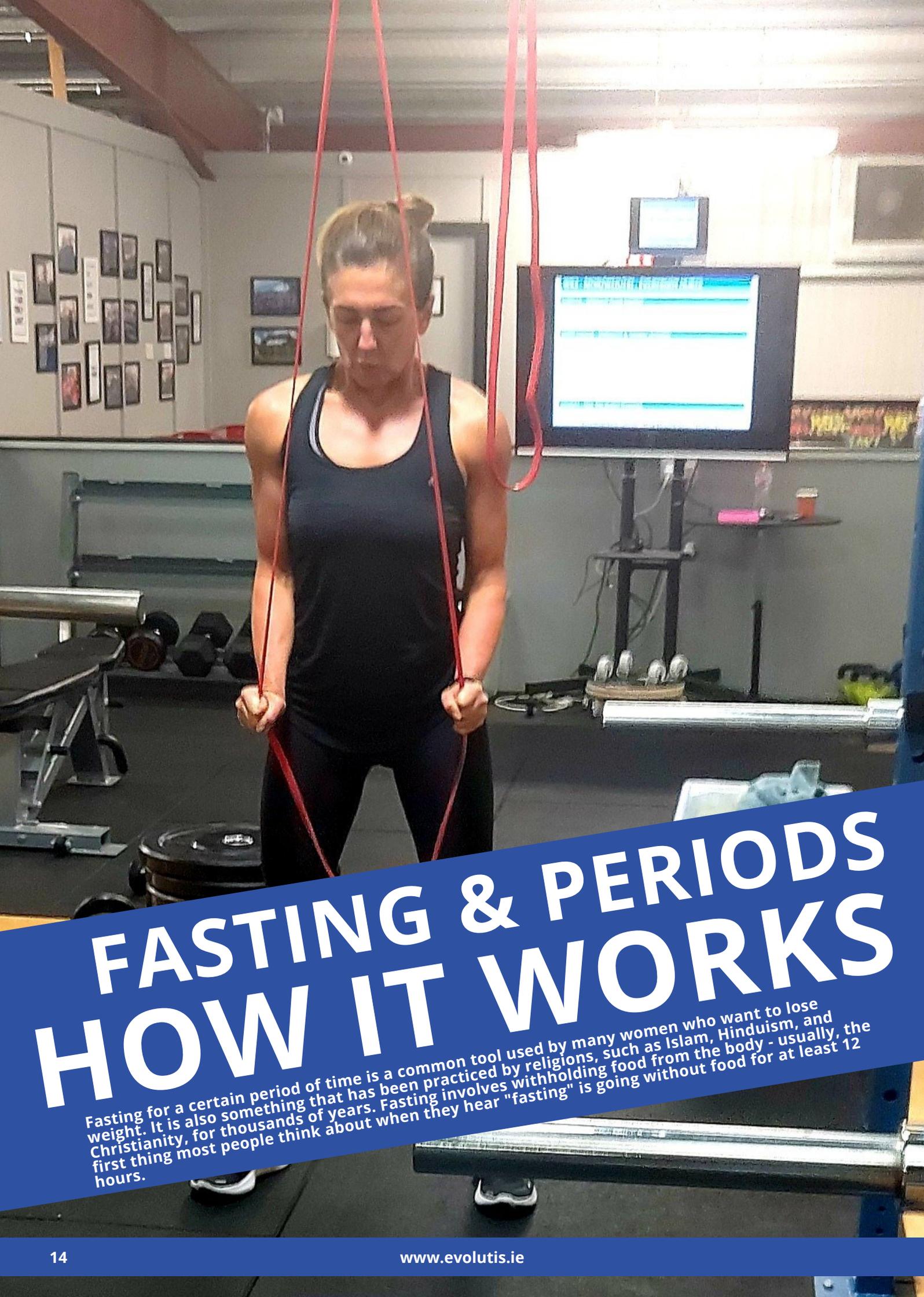
Strength training is another great way to lose weight. It works in a similar fashion to cardio exercises because it increases your body's rate of metabolism, but the only difference here is that you are building muscles while doing it.

Rest to recover

Lastly, don't forget about the importance of rest and recovery! Push yourself as much as you can without forcing it. Taking breaks will allow your body to recover faster. By doing this, you are giving your muscles time to build themselves up so that they can function properly when you return back to working out again.

Conclusion

There you have it! The basics of weight loss plans for men. It's simple and straightforward. All you need to do is eat right, exercise as often as you can without overdoing it, and give yourself enough time to rest and recover. You might find it difficult at first especially if you are not used to eating healthy or working out regularly. But don't lose heart! If you keep trying, you will eventually succeed.



FASTING & PERIODS HOW IT WORKS

Fasting for a certain period of time is a common tool used by many women who want to lose weight. It is also something that has been practiced by religions, such as Islam, Hinduism, and Christianity, for thousands of years. Fasting involves withholding food from the body - usually, the first thing most people think about when they hear "fasting" is going without food for at least 12 hours.



But the question is does it affect your periods? And if it does, what are the effects? Let's find out!

What happens to your body during periods?

Before we look at how fasting can change your period, let's first learn about what happens to the body during a period.

When you get your period, your body starts to release hormones that thicken the lining of the uterus. This hormone is called estrogen. Estrogen triggers the blood flow in this part of the body and causes cramps because it causes muscles in the uterus to contract.

Once the uterine lining has thickened sufficiently enough for an embryo to implant successfully, the body releases another hormone called progesterone. The release of this hormone causes the uterine lining to shed off, which results in menstruation.

What happens in the body when you fast?

When you fast, your body starts using fat for energy because it

doesn't have enough glucose available to use.

During fasting, glycogen is broken down into glucose, which is used by the muscles and the brain. The liver uses this glucose for fuel instead of storing it as glycogen. Glycogen is a polysaccharide which means it's a long chain of sugar molecules, and the body breaks down this strand into individual glucose molecules to be used as energy.

As glycogen stores decrease, insulin levels in the bloodstream go down too. This causes the kidneys to expel sodium from the body. In some cases, water follows this sodium in order to balance the electrolytes. When you lose too much water in this way, it can change your menstrual cycle.

What are the effects of fasting on menstruation?

Fasting for short periods of time doesn't really affect your period. There are no conclusive studies linking fasting with changes in the menstrual cycle. But it is possible for you to experience changes in your period if you fast for a longer period of time, such as many days

consecutively.

There are no major side effects associated with fasting and periods, especially when done occasionally and in moderation. The only things that might happen are: slightly irregular menstruation, slightly heavier flow, possibly nausea, and feeling tired or weak.

But if you fast for too long, these effects can start to occur:

- Changes in the menstruation cycle
- Tender breasts
- Headaches around the time of your period beginning or ending
- Cramping during or before periods begin
- Nausea, diarrhea, dizziness, or constipation
- Fatigue, insomnia, and irritability

Conclusion:

It does not seem to affect your period when you fast occasionally and in moderation. But if you fast for a long time, it might change the way your body functions and menstruates. So make sure to follow a pattern that your body feels comfortable with.

FEMALE

BLADDER PROBLEMS



Women face some challenges when it comes to bladder control compared to men. This is because the female bladder and urethra are much shorter than those in males.

The muscles around the opening of the bladder also tend to be weaker, which means they can't hold urine as long or as well. Finally, females are usually smaller than males, so their bladders take up less space inside their bodies and fill up quickly with fluids.

So now let's find out how to treat a woman's bladder problems. But before we start looking at the best strategies, let's look at what can cause them.

There are several ways in which bladder problems could arise in females. Some of these include:

- Emotional stress - this makes the muscles around the bladder contract more easily and can cause accidents like leaking
- Hormonal changes - these vary during pregnancy and after menopause and mean that women tend to go more often during certain times of their lives
- Hygiene - poor hygiene and not urinating regularly can both lead to bladder control problems
- Hormonal changes - If their menstrual cycle makes them go more frequently, then they're especially prone to bladder control problems
- Sudden increases in physical activity - such as exercising or playing a sport
- Medications - certain medications can cause urine leakage, such as those that reduce stomach acid
- Dietary changes - some foods make you go more frequently, such as spicy food and caffeinated beverages
- Other health conditions - these include neurological conditions like stroke and Parkinson's disease



How to deal with bladder problems

A woman's bladder is in a delicate position in her body. So it's really important to make sure you get the right advice when looking after it.

First, here are some tips for preventing bladder problems before they happen:

Look after your weight

- Being the right size helps the bladder work better. So try to stay at a healthy weight and avoid gaining too much

Exercise - Try doing some exercise most days of the week. Dancing, swimming, and yoga are all great options because they help you to build up your pelvic floor muscles.

Healthy diet - Make sure you eat a healthy diet with lots of fruit and vegetables. Keeping well hydrated is also important, so drink plenty of water.

Healthy lifestyle - Smoking, drinking, and the food you eat all have an impact.

Keep your diabetes under control - Diabetes has been linked as one reason why women experience bladder problems.

See a doctor - If you still experience bladder control problems, then make sure to go to a doctor before it becomes a serious issue.

Bladder problems might be a sign of an underlying health problem. If you're facing any issues, it is important to get them checked out by a doctor. Luckily, there are things that women can do for their bladder-related pain without relying only on medication or treatments.

HOW TO GET FIT AS A 45-YEAR-OLD WOMAN

Many people believe that to be fit, you need to start when you are young.

But the truth is, it's never too late to get in shape! In fact, 45-year-old women have a lot of advantages over their younger counterparts.

being at a different stage in their life, they're often wiser about what will work for them than 20-something ladies who just want abs without having any idea how much work goes into achieving them.

It can take longer than expected but it's definitely possible. With these tips, 45-year-old women or even older can get healthy, and achieve a fit body!

But before we get started, you have to assess your current physical condition.



Get an idea of where you are

1. Based on your age and height there is an ideal weight range, so get the tape measure and scales, and check your BMI. If you've been sedentary for years or even decades, there's a good chance you're heavier than you should be according to the charts. Don't worry about that just yet! The important thing is to know where you stand, and then work towards a goal.

2. Measure your waist circumference. If it's more than 35 inches (89 centimetres), you're at risk of heart disease and other illnesses as you age. So if this is the case we need we need to make the right choices in order to get fit

3. The ideal body fat percentage is between 20 and 31 percent. If it's higher than that, we need to do something about it. Many bathroom scales can measure body fat, otherwise you can measure this at the gym or pharmacy.

4. You should be able to do at least one pull-up, and bench press your bodyweight. If you can't, it's time to change that! If you can't do both, don't worry. It'll happen sooner than you might expect! Start working on your upper body strength and using free weights in order to get strong!

Now after checking out where you currently stand, it's time to start working towards getting fit.

Getting on with the workout

You should work out around 3 times per week, doing exercises such as squats, push-ups, and chin-ups. This will help you get in shape and also maintain a healthy look. You can do home workouts but if you can go to a gym that's even better.

Cardio

Start by doing cardio exercises, such as mountain climbers and squats. These will help you burn more calories than jogging or running and will also improve your general fitness level at the same time. Make sure to consult a doctor if you have any cardiovascular issues before starting any form of exercise!

Stretching

Everyone knows that stretching is important, but many people don't know why. When done before and after a workout, stretching will ensure that your muscles stay healthy and supple. Stretching should be done for at least 10 minutes (or more if you have the time).

Lifting weights

Women should lift weights to increase their lean muscle mass and metabolism, which will help them burn more calories. But when it comes to lifting weights, you should never overdo it and always start with fewer weights.

Rest

When working out, you should always take the time to rest and recover. You should work out no more than three days a week (four at maximum), and you need to give your muscles enough time to recover after each workout. If your schedule allows it, make sure to get 8 hours of sleep every night!

POST WORKOUT MEAL IDEAS

After a hard workout, it's important to replenish the nutrients that your body needs. Whether you're doing resistance training or cardiovascular exercise, there are certain foods that will help you recover and refuel.

Protein is an essential nutrient for muscle growth and repair thus protein-rich meals should be included in your post-workout meal. So let's check out some of the most nutrient-dense foods that you can have for a protein-rich post-workout meal!

1. CHICKEN BREAST

A lean protein, chicken breast has about 30 grams of protein per 100-gram serving. It's also a good source of niacin and selenium, which contribute to muscle growth and strength. Chicken breast is a great source of Vitamin B12 which

contributes to energy, metabolism, and red blood cell formation.

You can make a grilled chicken breast in no time by marinating it with a pinch of salt, pepper, and lemon juice before cooking. Then you can eat it with 1 or 2 cups of rice to get the protein and carbs that you need for muscle recovery.

2. EGG WHITES

Egg whites are a great source of protein! They contain amino acids, which help in muscle repairing. You can make an omelet filled with veggies like broccoli and carrots for more vitamins and nutrients.

3. PROTEIN SHAKE

A protein shake with milk will give you the energy and nutrients that your body needs to recover from a workout. Milk is rich in calcium, which helps build strong bones

while delivering important vitamins like vitamin D.

You can take a scoop of whey protein powder after a workout and mix it with almond or skimmed milk for an instant protein shake. Add fruits like bananas or strawberries for some natural sweetness and fibre.

4. QUINOA

Great for muscle repair and recovery, quinoa is a good source of protein. It contains all the essential amino acids that your body needs to help in enhancing physical functionality!

You can enjoy it as a side dish with steamed vegetables or add to soups and salads. You could also make some tasty quinoa patties to go with some rice and veggies for a complete meal.

Protein is really important once you call it a day after a workout. Make sure you add these foods to your post-workout meal and enjoy a healthy muscle repair. Post-workout meals don't have to be boring. Keep experimenting with different types of foods to find a meal that you love and fits your nutritional needs!



NOV 3RD NATIONAL SANDWICH DAY

National Sandwich Day is here! Let's talk about some healthy and fun sandwich ideas that won't affect your diet. We all know the dangers of indulging, but with these recipes, you can enjoy a tasty sandwich without feeling guilty.

1. Tuna and Avocado Sandwich -

A healthy mix of tuna, avocado, and fresh vegetables.

Tuna is a good source of omega-three fatty acids, while Avocado is rich in good fats and vitamins, so it's a very nutritious combination for sandwiches.

You can mash the avocados and add some other ingredients like lemon juice, garlic, salt, onions and black pepper to make this sandwich even tastier. You can either mix the tuna into the avo or simply place it on top.

That's it! Your healthy sandwich is ready and you can enjoy it with a side of carrot sticks.

2. Cheddar and Apple Sandwich -

Yes, cheddar and apple. Still reading? Bear with us - try this combination of cheddar cheese and apple slices. The taste is very unique!

All you need to do is slice some apples very thin and top with some cheddar cheese. You can add some lettuce leaves, but it's not necessary. Then put the other piece of bread on top and press down a bit so everything sticks together. Your sandwich is ready for lunch!

3. Chicken and Avocado Sandwich

Healthy and delicious
Lean and protein-rich, everyone loves chicken. So chicken and avocado might be your new favourite!

All you need to do is cook some boneless skinless chicken breast. Make sure you don't over cook them as it can make the meat dry out.

After cooking, cut it into thin slices and put them on some bread. You can spread the avocado paste from above over the chicken or simply slice some fresh avocados and place them on top of each piece of sandwich - your choice!

4. Egg and Tomato Sandwich

A combination of healthy ingredients. This delicious sandwich is not only tasty, but it's also very nutritious.

Prepare the eggs by hard boiling them. Cut each one into slices and put in your sandwich together with sliced tomatoes. If you would like a spicy kick, add a bit of onion and black pepper or a splash of Tabasco. That's it! A healthy sandwich that you can eat for breakfast or lunch is ready to serve.



FINAL THOUGHTS:

Sandwiches don't always have to be unhealthy! There are many healthy sandwich recipes out there that can be eaten for breakfast, lunch or dinner. Try some of these delicious combinations and don't forget to share them with your friends and family members - they will love you even more!

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SPORT & FITNESS

MORE THAN JUST A GYM, MORE THAN JUST A SESSION, MORE THAN JUST A WORKOUT

At Evolutis Sport & Fitness our aim & passion is to help busy Dublin Over 30s transform their body, health & skyrocket their confidence. We do this by following our 5 main core values

Welcome...from the minute you walk through the door, no matter what is happening in your life outside of here, Evolutis Sport & Fitness will be the place you feel welcomed with a big smile!

Safe...no more judging, staring and feeling out of place. Everyone that comes to Evolutis Sport & Fitness has very similar goals to you.

Supported...from the trainers on the gym floor to the staff in the office. We are all here to support, motivate and answer any questions you have no matter how small.

Family...you are not on this journey alone. All clients here at Evolutis Sport & Fitness have joined as they fit our client criteria. They will support, motivate, encourage, clap, scream and laugh as a group to make you feel part of the family.

Fun & Exciting...life gets a little samey from the usual commute to work to ordering the same thing on the menu. Well not at Evolutis Sport & Fitness, all sessions are planned to be fun, exciting, challenging and results driven. No session is ever the same.



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