



week

Five

# Savvy Snacking

## Aims

- To understand the importance of snacking
- To create snack ideas

Snacking is an important part of Back to Basics. We advocate snacking as a way of helping managing your hunger. It's also a way of packing in important nutrients into your diet.

Ideally a snack should constitute 100-150 calories. As you know, you don't need to calorie count so this is just a guide.

We recommend to start with a snack mid morning and again mid afternoon. These snacks should help you to manage your hunger at meal times and find it easier to be satisfied with a smaller portion at lunch and dinner.

The idea of savvy snacking is to use snacks to pre-empt hunger- so you don't get to a meal feeling ravenous. If you start eating your dinner feeling ravenous you will almost certainly serve up more than you need, eat quickly and therefore consume far more calories than you needed.

By eating a modest snack earlier it's much easier to be satisfied with a more modest mealtime portion.

It's useful to combine two food groups when you choose snacks:

- An oat cake with hummus
- A Ryvita with peanut butter
- Cherry tomatoes and a baby bel
- Hummus and crudites
- Mackerel pate and celery
- Nuts and raisins
- Malt loaf and cream cheese
- Oat cake and Nutella



**Which planned snacks will you use?**





We'd suggest you select 4-5 snacks you like the sound of and keep them in stock. You might want to set reminders on your phone to have your snacks if this is a new habit for you.

If you identified yourself as a "grazer" or someone who's portion sizes are too big then savvy snacking will be one of the most important parts of your Back to Basics plan.

If you repeatedly find you don't want or need one of your snacks you can of course stop including it in your plan- but please do keep an eye on your portion sizes at meal times. If they begin to increase make sure you revisit savvy snacking again.

Some people prefer to move one of their snacks to evening time to help them manage food cravings when they are relaxing or watching TV- this is fine but again please keep an eye on your meal time portions to make sure they don't start creeping up.



# Strength Snacks

# Strength Snacks

Knowing how menopause affects your body can help illuminate why certain exercises – like strength work - are more beneficial in and around menopause than others.

Simply put, the more muscle mass you have, the higher your resting metabolic rate (how much energy you burn just to stay alive), which is what you want to avoid gaining weight in midlife. And strength training won't just decrease your risk of osteoporosis. If adopted early on in life, it can also help you to achieve the highest possible peak bone mass when premenopausal.

In addition, while all exercise has a positive effect on mood, studies have shown that weight training can be effective not only in the management of depression and anxiety – both common menopause symptoms - but also in the maintenance of cognitive function. And while changes in oestrogen levels during menopause can negatively affect the pelvic floor, meaning we're more susceptible to urine leaking, adopting a strength training routine may help decrease this.

Even better, along with preserving muscle mass and increasing bone density, studies have shown that menopausal women that opted for strength training as their primary method of exercise noticed positive psychological changes; women feel appreciably stronger, more capable, more confident in their bodies and their abilities, and more in control of their overall health after adopting strength training. Particularly at a time in their life when they may feel as though their health is a bit out of their control.

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## Focusing on Becoming Stronger

There are so many benefits to strength training, but arguably the most important is that strength is associated with a better quality of life as we age, and improved performance in carrying out day-to-day activities. It also helps keep muscles, bones and joints strong, enabling you to move around better and reduce the risk of osteoporosis - particularly important for women entering the menopause.





## How To Build Strength Into Your Daily Life

- Focus on where you want to improve strength. Think about what movements you find hard. Is it getting up from sitting down, walking up steep stairs, or carrying something heavy? Identifying what you want to improve is a good starting point. If you already run regularly, for example, you might want to focus on strengthening your arms.
- Build it into your day without noticing. A strength exercise is any activity that makes your muscles work harder than usual. Carrying heavy shopping bags or gardening, such as digging and shovelling, all count as a muscle-strengthening activity. Climbing stairs counts, too. In short? Don't take the lazy option, remember motion is lotion!
- Experiment with different workouts. There's emerging evidence that HIIT (high-intensity interval training) can be particularly beneficial for strength, and yoga and Pilates – both offered at Harley Street at Home are also great, too.
- Use your body weight. If you decide to focus on body weight exercises at home, there are four key areas to do in a routine: an upper body pushing movement (push ups), an upper body pulling movement (pull-ups, chin-ups, or rowing), an exercise for the torso (plank), and a lower body exercise (squat or lunge).

## Are There Any Downsides To Building Strength?

Not if it's done gradually and correctly. And remember, variety is the spice of life – including when it comes to your training routine so find things that you can enjoy and that challenge you in equal parts.

## Start Now

A good-quality strength training programme should therefore be part of your menopause lifestyle plan and the sooner you start, the best chance you have at building the strength you need for a stronger body as you age. If you're under 45, it's smart to incorporate a resistance training routine to benefit as much as possible from it before fully shifting into menopause. However, the good news is there's no such thing as being 'too old'...it's never too late to start! Here at Harley Street at Home we have lots of 'strength snacks' that take just a few minutes and can easily be built into your daily life. Try them [here](#). Let us know how you got on over on our Facebook group.