

KATIE HANDYSIDE

Personal Training and Nutrition

WHATS ON MALLORCA



REGULAR HIKES IN THE TRAMUNTANAS

Heading out into the mountains on a social hike can be just what you need to de stress and get yourself out into nature.

I started by offering this to my personal training clients as an added extra to switch up their training, they enjoyed it so much that I wanted to open it up to others who might be here visiting and just want to get out and explore the island.

Amongst our climbs have been Galtzo, the



big peak in the distance behind Puigpuntent - we did a beautiful ridge walk up behind Valdemossa which had stunning views of the west coast. We also headed out behind Esporles - to a fairly easy climb to a spectacular view point.

I like to do the more challenging hikes and will wear my weighted vest for an extra challenge.

Follow us on IG: katiehandysidepersonaltraining and drop me a line if you would like to get involved. Its very relaxed, fun and sociable.

WHATS BEEN COOKING?

Did you know that vegetables of the cruciferous family help you to detox?

Detoxification refers to your body's ability to get rid of waste, which if impaired, or bombarded with too many toxins, we can get ill. The liver is central to metabolic detoxification. It transforms chemicals, hormones and toxins into water-soluble metabolites that can then be excreted by the intestines, kidneys, and skin.

The cruciferous family includes arugula, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collards, kale, kohlrabi, radish and turnips. All very rich in glucosinolates, these phytochemicals help metabolize and balance hormones, like estrogens. Cruciferous vegetables are shown to be beneficial in the prevention of cancer especially hormone-sensitive or estrogen related cancers. As well as supporting the detoxification of the liver the green cruciferous vegetables also contain chlorophyll, which boosts detox capacity even more.

I love to make my famous chicken or organic beef stock in my slow cooker which I cook for about 3-4 days. To this beautiful rich gelatine mixture I add either lots of brussel sprouts, Cauliflower or broccoli and then puree to what becomes a creamy indulgent soup - full of amino acids, collagen, minerals and all the added benefits of the cruciferous vegetables. A super food in one meal. Perfect for the busy person - make a big batch and freeze.

YOUR NO EXCUSE WORKOUT

Your monthly body weight workout - this a great one to use if you are travelling or do not have much space or equipment. Write your scores down for this. Warm up for 5 to 10 minutes prior to the workout and stretch afterwards.

- 20 minutes AMRAP (as many rounds as possible)
- Alternating lunges 20 reps (back knee to the floor)
- Air squats 20
- Push ups 20 (releasing your hands briefly at the bottom. chest to floor)
- Plank Shoulder taps 20 (straight armed plank touch your opposite shoulder without moving your body - you really need to squeeze your abs for this move)
- Burpees 20



KATIE HANDYSIDE PERSONAL TRAINING & NUTRITION

I am a fully qualified Personal / Group Training instructor and Sports Nutritionalist as well as a Health and Fitness Journalist based in Palma since 2006.

I had a training studio in STP for over 5 years where I worked with numerous yacht crew but today, I have refined my services to Mobile Training.

I have worked with racing sail teams in Porto Cervo, aboard Superyachts for the owners. I have done Personalised Training, Group Training and Nutritional Plans for literally 1000's of yacht crew along with organising outdoors excursions.

I have completed every triathlon and bike sportif on the island over the last 10+ years and now focus on weight training, mountain runs and hikes. I have competed in everything from obstacle course racing, bike sportifs and triathlon to jungle trekking, sea swims and canoeing.

My work is my passion. Do you want to feel great about yourself? My mission is to support you in achieving a healthier lifestyle, having more energy and a body you feel great in. Check out my other articles on Instagram and FB where I refer to Nutritional and Exercise protocols to keep you young, energised and kicking butt! Please give me a like and share and help me to make time to give you new information regularly.

Find out your genetic response to nutrition & exercise - Organise a personal training & nutrition session - Book your individual exercise assessment & nutritional overhaul - Reserve a group training - Find out about an outdoor excursion

(+34) 636 322 959
info@katiehandyside.com
www.katiehandyside.com

NEWS REVIEWS - BRAIN HEALTH

Best thing you can do for your brain health is exercise every day. "There are many ways exercise improves cognitive health. Aerobic exercise (also known as cardio) raises your heart rate and increases blood flow to your brain ... It has been noted that exercise promotes the production of neurotrophins, leading to greater brain plasticity, and therefore, better memory and learning.