

SHOULD I EAT MORE PROTEIN?

Our *healthy* panel on managing post-workout pain, building a rock-solid core and protein gains

→ THE HEALTHY PANEL



CAROLINE BRAGG is a master trainer at FRAME and runs retreats

for & Breathe Postnatal (moveyourframe.com).



KIM PEARSON is a nutritionist and weight loss specialist with over 10 years

of clinical experience (kim-pearson.com).



PAULINA KLOSKOWSKA is a physiotherapist at The Centre for Health &

Human Performance (CHHP) (chhp.com).

Got a burning fitness question? Email healthy@therivergroup.co.uk with 'Fitclinic' as the subject line.



Is Pilates the only way that I can strengthen my core?

(A) Caroline says: Pilates is great because it integrates the deep abdominals in a range of moves, but if you fancy something else, start with isometric moves (think plank and its variations), then add controlled movements (such as 'superman' and 'dead bug' yoga poses). Sit-ups only work your abs in one direction so consider adding rotations, lateral flexions and extensions as well. Kettlebell moves are also great as the rapid activation and release of muscles forces your core to constantly brace. If you can, work with a professional to ensure correct technique, but once you have those moves nailed, your core will be super-strong.

I KNOW MUSCLE MASS DECLINES AS YOU AGE. DOES THAT MEAN YOU SHOULD EAT MORE PROTEIN?



(A) Kim says: For the average person, the WHO (World Health Organization) recommends we consume 0.8g of protein per kilogram of bodyweight. However, everyone is different and nutrition requirements should be assessed on an individual basis. As we age, we're at greater risk of sarcopenia – loss of muscle mass, strength and function – and research suggests your protein intake should increase. Include a variety of different protein sources in your diet; eggs, nuts, lentils, beans, chickpeas and quinoa are all good.*



I'M CONFUSED ABOUT ICE AND HEAT FOR PAIN – WHICH SHOULD I BE USING WHEN?

(A) Paulina says: Heat widens blood vessels and relaxes muscles, ligaments, tendons and joints. So if your pain is caused by a stiff neck after sleeping in an awkward position or long hours at the

desk, for example, heat will help you start gently moving again. Cold, on the other hand, has strong analgesic effects, reducing pain from acute injury such as a sprained ankle or torn muscle, and helps reduce inflammation and swelling. If you can easily identify the moment an injury occurred, the area quickly swells or your range of movement is limited, use ice. **(B)**



*Consult a qualified nutritionist or doctor before making significant changes to your diet. Compiled by Hattie Parish. Photographs: iStock