

CELL WORKOUTS No.1

<https://www.cell-workout.com/>

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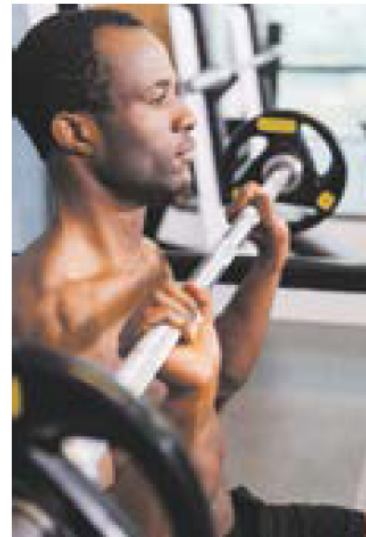
Cell Workout have kindly shared their in-cell exercises that have been published in InsideTime between 2016-2020. These resources may be helpful for residents during periods where they are unable to access the gym.

The mental health benefits of exercise

Research has shown us that people who exercise regularly tend to be more resistant to many mental illnesses. Exercise can help treat current symptoms, and prevent future episodes.



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Anaerobic Exercises

Weightlifting
Sprinting (running, cycling)
Interval training
Climbing

What problems can exercise help with?

Mental Illness

Depression
Anxiety
Substance Abuse
Bulimia
Alzheimer's Disease

Other

Sleep Difficulties
Stress
Physical Health
Low Energy
Self-Esteem

Beginning an exercise plan doesn't have to be difficult. Walking for as little as 30 minutes, 3 times a week, has been found to be beneficial. Don't worry too much about what exercise you choose. Aerobic and anaerobic exercises are both effective at improving mental health.

If you're crunched for time, you might still be able to squeeze some exercise into your day. Two 15 minute walks work just as well as one 30 minute walk!



Aerobic Exercises

Walking, jogging, or cycling
Elliptical or ski machines
Swimming
Dancing

Cell Workout

Get the body you want Inside & Out



Drink up!

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LJ Flanders

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There's been times when the heat has definitely been on this summer. Making sure you stay hydrated is especially important during the warm weather.

One of the tests that I carry out on the students before beginning the Workshop is to calculate their hydration level. This is different for everybody, depending on weight, height, age, gender and the level of physical activity.

In many cases the level is lower than it should be.

Guidelines state that we should drink 6-8 glasses of water a day.

Drinking plain water is the best way to hydrate; water delivers the fluid we need without adding calories or damaging teeth, but we can get fluids in other ways.

Drinking tea and coffee also adds to our water intake but they also contain caffeine, which will affect hydration if drunk in large amounts. Sweetened soft drinks provide hydration but also contain calories and can damage teeth.

Fruit juices and smoothies contain vitamins, minerals and natural plant substances. But they also contain sugar and can be acidic, so can also damage teeth.

"We never know the worth of water, till the well is dry"

Thomas Fuller

Milk contains water, as well as essential nutrients. However, it also contains saturated fat so it's a good idea to choose semi-skimmed.

On top of the fluid intake we get from drinking, on average we get an extra 20% from food we eat. Especially from fruit and vegetables and also from soups and stew that are prepared with a high water content.

But why is it so important to drink enough water?

Our body is nearly two-thirds water, so you need to drink enough water to stay hydrated and healthy. Water is vital for maintaining the function of all the cells, tissue and organs in our body, including the heart, brain and muscles. Some signs that you are not getting enough fluid are feeling thirsty, dark coloured urine or high temperature, you may feel tired, get headaches and not feel at your best.

During the Workshop the students all drink more water and say that they feel better for it. Drinking enough fluid is crucial during and after exercise to replace the water you have lost in sweat, lower your heart rate and help your muscles recover.

Why not make the effort and improve your health by drinking your 8 glasses a day.

L. J.

Cell Workout

Get the body you want Inside & Out

LJ Flanders

Relaxation

Prison can be a testing place to try and relax. Whether it's noise on the wing, someone banging on the pipes or worries on the out, it can be hard to focus the mind.

Collaborating with The House Of Yoga in HMP Wandsworth, the Cell Workout students on D Wing did a 40 minute yoga and relaxation session. Afterwards most said they felt like they were in a different place, like they weren't in prison.

Being able to spend time practising relaxation will quieten your mind, boost your energy levels and promote positive thoughts, reduce anxiety, stress or anger. Relaxation is also thought to be beneficial to physical health and improving sleep quality.

Basic relaxation techniques are not difficult but take practice. Everybody reacts differently, so experiment to find what techniques work for you. You may find it helpful to listen to music that creates a peaceful atmosphere. Start with 10 minutes a day and

increase as you get used to it.

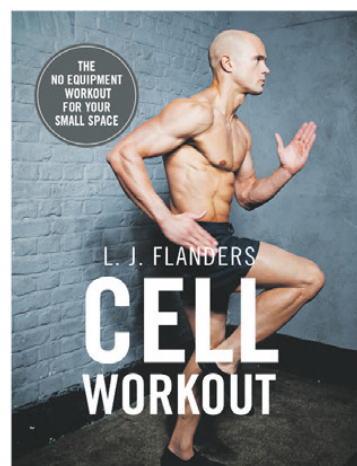
After exercise, it will give the body the chance to regroup and rest. Relaxation should be performed after you have cooled down and stretched, before you go to bed, or whenever you feel the need. Make sure you are comfortable and wear loose clothing.

- Any relaxation starts by focusing on your breathing.
- To control your breathing; take slow, deep breaths, slowly in through your nose and out through your mouth, in a steady rhythm, without forcing the breath.
- Relax your shoulders and upper chest muscles when you breathe so you are mainly using your diaphragm.
- As you exhale, imagine all the tension and negative energy slowly moving out of your body. If you notice any areas where you feel tension, relax them as you exhale. Breathing in this way will help to increase your mind-body awareness and concentrate your energy on muscle relaxation.
- Feel your muscles relaxing and growing heavier.
- Work your way through your

entire body, focusing on relaxing one muscle group at a time, starting at the bottom and working up.

"The best cure for the body is a quiet mind"

Napoleon Bonaparte



Cell Workout by LJ Flanders

A bodyweight training guide designed for use in a prison cell. This 234 page book will guide you with step-by-step instructions performing 204 exercises, with photographs and sample workouts. The exercises are suitable for any age, ability and fitness level and offers progression for everyone.

Price: £16.99

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www.cell-workout.com

Keep active

As we all know, exercise is good for physical wellbeing but it releases feel good chemicals in the brain, so is also good for your mental health. Regular exercise can boost your self-esteem, help you concentrate, sleep, look and feel better. Experts recommend 30 minutes at least 5 days a week.

Talk about your feelings

This isn't a sign of weakness, it's part of taking charge of your wellbeing. Talking can be a way of coping with a problem, help you feel supported and less alone. This can work both ways, if you open up, it might encourage others to do the same.



Eat well

A good diet will benefit both physical and mental health. The brain needs a mix of nutrients to stay healthy. A healthy diet will include, fruit and veg, wholegrain cereals and bread, nuts and seeds, dairy products, oily fish and plenty of water. Try to limit your caffeine intake and sugary drinks.

Keep in touch

It might not be possible to see someone face to face, but try to stay in touch with people and work on those relationships that are good for you.

Ask for help

We all get overwhelmed and stressed when things go wrong. If you feel you can't cope then you should ask for help.

Take a break

If you are feeling stressed, or anxious, then taking a break could help. This could be taking a deep breath, exercise, meditation, or relaxation.

Have a good sleep

If you feel really tired, take some time to sleep. Without good sleep our mental health suffers and we lose concentration.

Do something you enjoy doing

Activities and hobbies that you can lose yourself in; such as exercise, reading, drawing, Cell Workout ... (had to put that in).

Work on your self-esteem

We're all different, with different qualities and are good at different things. Good self-esteem can help us cope during difficult times. Work on those things you want to change, taking one step at a time.

Care for others

Keep up relationships with people close to you. Help and support others who need it, you never know when you might need help yourself.