

Physical Activity During Pregnancy Should Be Encouraged

Research published in the British Journal of Sports Medicine has shown that those who engage in regular physical activity during pregnancy are less likely to experience problems later in the term or during labour. Physically active women are also likely to maintain their fitness after childbirth. It is though important to listen to your body and not to do too much. A healthy body during and after pregnancy, however, can only be a good thing.

The Benefits of Facial Oil

Are you daunted by the use of facial oil? After all, who would intentionally slather oil over their face; this would surely clog your pores, causing greasiness and spots. Apparently not. Facial oil is said to provide intense hydration penetrating deeper than creams and leaving a healthy glow. Of course, you cannot use any old cooking oil, even extra virgin olive oil, and you will need to research which will be best suited to your skin type. Some oils are even packed with antioxidants which help promote anti-aging properties. Who knew?

Why You Shouldn't Wash Your Hair Every Day

Wash, rinse, dry repeat; do you follow this schedule daily? Most of us do. However, it is known that daily washing strips essential oils from your hair leaving it dry, fragile and unmanageable. As a general rule, thick and wavy hair can safely be left for a few days but fine flat hair may show signs of oil residue earlier. A dry shampoo or even washing on alternate days will help keep oils at bay. It may be off-putting at first but leaving your hair alone over time will improve scalp health and ultimately, your locks will need to be washed less frequently.

The Buddha Bowl Revolution

The Buddha Bowl, or Hippie Bowl, has been around for a while now but have you actually tried one? Do you even know what it is? Gather your favourite grains, roasted and raw veggies, some protein, and a dressing of your choice, arrange them in your preferred dish and – hey presto – you have a Buddha bowl. A hearty, nutritious and, more importantly, tasty option for lunch even or dinner. Popular with Vegans but adaptable to any lifestyle, you can experiment with flavours, textures, spices, and colours to create a delicious alternative to the dreary lunchtime sandwich.

Is HIIT a Hit?

HIIT or High-intensity interval training has been around for a while now but why is it so popular? The simple answer is that it can be very quick. As most of us lead ridiculously busy lives, we need to get our workout over and done with as soon as possible. HIIT is ideal for this as, allegedly, it can be completed in as little as 3 minutes per day. Is this possible? It is but you have to work incredibly hard to do it. HIIT involves short bursts of intense exercise at 80 to 90% of your heart rate followed by equally short rest periods. It is also versatile as can be done sprinting, walking, rowing, biking and more. So long and tedious cardio sessions are no longer a necessity. Hurray to that!

Unconditional Love Is Good for Your Health

This will come as no surprise to most but is there any love more unconditional than that of a pet? We all know that pets have a calming effect on us but why? Pet lovers tend to have lower

blood pressure, less heart disease, and better mental health than others. And it's not only dogs: cats, guinea pigs, rabbits and even reptiles can help us. The act of stroking, scratching or tickling a pet is relaxing and even pleasing in itself but there is also a chemical reaction involved and this works both ways. So go on, cuddle up on the sofa with Fido or Sid the snake.

Is a Lunch Break Really That Important?

In a word, yes. It's tempting to work through your lunch break and munch your sandwich while sitting at your desk typing away but it's just not good for you. Research shows that you need time away from the office to think about something else. This, in turn, will improve concentration and help to rekindle your creativity. Ideally, time spent in a green space will refresh your mind but even urban cafes or coffee shops will do. Anything that doesn't involve your job. Surely the quality of your work is more important than your continuous presence in the office throughout the day.

Sleep More for Better Sex

Does the amount of sleep that you have really impact on your sex life? It turns out that sleep is a key factor in sexual desire. A women's libido is directly affected by sleep quality and is actually increased after a decent night's slumber. With men, testosterone levels drop significantly after a poor night's shut-eye and, as this is the hormone linked to libido, it has a negative effect on sex drive. It seems like a good idea, therefore, to get as much quality sleep as you can.

How about a Glass of Apple Cider Vinegar?

There are many claims of numerous health benefits from store cupboard essentials and apple cider vinegar is no exception. Think weight loss, lower blood pressure, reduced blood sugar and cholesterol, and you may think that you are dealing with a miracle ingredient. Step forward the humble bottle of apple cider vinegar. Some believe that these benefits are very real but unfortunately, there is little scientific evidence to back up such claims. However, this is not to say that all are false. It may be worth looking at apple cider vinegar in more depth.

Have You Heard of Plant-based Proteins Yet?

This seems to be the buzz term of 2018 so far. Plant-based proteins are, as the name suggests, proteins obtained from vegetation. Proteins, which are made up of amino acids, are essential to health and those following a vegetarian or vegan diet, don't acquire proteins from, for instance; meat, fish, or dairy. Common plant-based proteins include hemp seeds, lentils, quinoa, spirulina and pumpkin seeds to name but a few. With the rise of veganism, plant-based proteins are likely to increase in popularity.