

NUTRITION

Stir-fry pork and prawns

Why is this a healthy meal?

"This low-glycemic meal is rich in iron, zinc, selenium and Vitamins B and E, which are responsible for energy provision and immune support," says nutritionist Lynn Clay. "The combination of lean pork and omega 3-rich prawns provides a good mix of healthy polyunsaturated and monounsaturated fats to support heart health. With a decent protein content, it makes an excellent choice to aid muscle repair."

How do I make it?

Cook noodles according to instructions, heat oil in wok and add pork, chilli, garlic and ginger. Add prawns and cook until pink. Throw in red pepper, pac choi, spring onion and fry for one minute. Mix in rice wine, soy sauce and honey. Add noodles and serve.

Ingredients

150g egg noodles
2 tbsp sesame oil
1 red chilli
2 cloves of garlic
2cm root ginger, grated
200g raw, peeled prawns
150g pork loin
½ red pepper
75g pac choi
4 spring onions
3 tbsp rice wine
1 tbsp soy sauce
1½ tsp honey

BULK UP

If you're looking to bulk up, this recipe is perfectly balanced if consumed in a larger quantity. Split the recipe into just two portions for a muscle-building option.

SLIM DOWN

For a metabolism-boosting option, swap the pork loin for chicken breast and complement with white fish rather than prawns – also, add turmeric instead of honey to the meal.

Serves 3
Cooking time 15 minutes

CLASS

Power Plate

What is it?

A Power Plate is a vibrating platform that can be used to perform a full-body workout in just 25 minutes. The machine creates a feeling of instability in our body so, with each vibration, our body has to perform reflexive muscle actions to stay balanced. As you perform lunges, crunches, press-ups and squats on the buzzing platform, your muscles contract and relax 30 to 50 times per second, giving you the benefits of an hour-long resistance workout in half the time.

Why is this good for you?

Using a Power Plate will build and tone your muscles, improve your circulation and flexibility and increase your bone density and fat-burning metabolism. The machines stimulate nearly 100 per cent of your muscle fibres, compared to only 20 per cent in normal workout. Genius.

Power Plates – a bit girly?

That's what we thought after seeing lycra-clad mums wobbling on them in the local gym. But these contraptions can also be used to build muscle, which is why Manchester United and Chelsea use them. Good Vibes, a series of Power Plate studios in London, have created some testosterone-fuelled classes such as the 'Upper Body Power Challenge' (focusing on chest and arms) and the 'Advanced Strength Class' (with deep holds to build strength) to punish your pecs, burn your biceps and cane your calves. Sport gave it a go and we were walking like John Wayne for three days – nothing girly about that.

How can I try it?

Good Vibes offer group classes from £20 and personal training from £30. Go online to www.goodvibesfitness.co.uk or call 020 7240 6111.



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