

**Fish for life : fast food for active bodies / Sea Fish Industry Authority, Asset, exercise professionals.**

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### Fast Fish

Fish comes in many quick and easy forms like fresh and frozen fillets, smoked and ready-to-eat varieties and in ready-meals. It can be grilled, poached, steamed, baked or fried. And it's even quicker if you've got a microwave. A deliciously healthy meal can be on the table in under 15 minutes, leaving you more time to live life to the full.

### Get fit with Fish

Why not use the cooking time to get yourself into shape? Exercise doesn't have to be strenuous to be effective. Just 15 minutes a day will help to maintain your chosen weight, improve your muscle tone and help you sleep better.



Fast food for active bodies

**ASSET**  
**SEAFISH**

If you have any medical condition, are very overweight or suffer from chronic back pain, consult your medical practitioner before starting an exercise programme. For information on qualified exercise instructors in your area, send a large SAE to ASSET, 1128 Great Russell Street, London WC1B 3JH.

Sea Fish Industry Authority,  
184 Logie Mill, Logie Green Road,  
Edinburgh EH3 4HD. Tel: 031 558 3311



### Fish for Life

Keeping fit and healthy, as well as juggling work and home responsibilities, can leave you little time to enjoy the fruits of your labour.



By including fish in every-day meals you can minimise time spent in the kitchen, maintain a healthy balanced diet, and free-up time for some fun!

### Low-fat Fish

Fish is low in fat and calories and rich in protein, vitamins and minerals. Oil-rich fish, like mackerel and herring also contain essential oils which lower blood fats and help reduce the likelihood of heart attacks.



Naturally tender, fish requires little cooking. Combined with fibre-rich starchy foods, like potatoes, rice and pasta, you've got a wholesome balanced meal in no time.

The following exercises are suitable for all levels but remember to warm up muscles and joints first.

- Place hands on shoulders and rotate elbows backwards and forwards a few times.
- March on the spot for a minute or two and progress to knee lifts. Walk briskly up and down the stairs for 3-4 minutes. When warm and breathing faster and deeper begin...



# fish FOR LIFE



**Chest Stretch**  
- for improved posture  
Gently clasp hands behind back, keeping elbows bent. Lift to where you feel tension in the chest.  
Hold for 8-10 seconds.

**Leg Curl**  
- firms backs of thighs  
Using a chair for support, stand with feet comfortably apart, bottom under and knees slightly bent. Lift right foot towards bottom of knee, then lower. Repeat 8 times and change legs.  
Build to 3 sets of 8-16.



Thoroughly warm muscles and joints prior to exercise to avoid injury or stiffness.

Keep movements slow, smooth and controlled for maximum effect.



**Leg Extensions**  
- for firm thighs (fronts)  
Sit on a table with back straight and legs bent at right angles, stomach pulled in. Gently lift one leg until parallel with the floor and then lower slowly. Repeat 8-10 times for each leg. Build to 3 sets of 8-16.

When you have finished, just relax for a few minutes; then gently stretch out the muscles you have used. Remember to get up slowly from the floor to avoid dizziness.

**Box Press**  
- for firmer chest and arms

In the all-fours position, with knees under hips, wrists level with shoulders, and stomach pulled in, lower the chest towards the floor. Keep neck and head in line with spine and lower until face almost touches the floor. Push up to start position. Repeat 3 times.  
Build to 3 sets of 8-12.



**Hip Extensions**  
- for a tighter bottom



Lie on floor face down, with head resting on hands, hips pushed into the floor. Keeping one leg straight, slowly raise the other leg towards the ceiling and then lower.  
Repeat 8 times and change legs.  
Build to 3 sets of 8-16.



**Curl-ups**  
- for firm abdominals and a flat stomach

Lie on back with knees bent and feet flat on the floor, hip-width apart. Flatten back into the floor by pulling in abdominal muscles and tilt pelvis towards the ceiling. Place hands on thighs or crossed on chest, to make it harder and lift head and shoulders, sliding hands up toward knees slowly. Lower body to floor.  
Repeat 3 times.  
Build to 3 sets of 8-20.

Baste cubes of white fish like huss or cod with a mixture of tikka paste and natural yoghurt and grill on skewers for 8-10 minutes.



Add peeled prawns to stir-fried fresh vegetables with a pinch of Chinese five-spice powder and a dash of sherry.

Boil in the bag fish with parsley or mushroom sauce makes a tasty filling for jacket potatoes topped with low-fat grated cheese.



Spread a lightly toasted bap with tomato relish, sardine or mackerel pieces and low-fat cheese and grill for 5 minutes for a quick pizza.

Chop ready-to-eat smoked mackerel fillets into chunks and add to a mix of chopped cucumber, tomato, spring onion, cooked green beans, boiled egg and olives for a tasty Salad Nicoise.

Dust pieces of herring fillet with oatmeal and bake in a hot oven until crisp. Serve with dips and salad.



Cook white fish fillets such as haddock or whiting in a pan, with the juice and rind of an orange and seasoning, for 15 minutes. Serve with new potatoes and vegetables.

Fill a small French stick with a mix of canned sardines in tomato sauce and chopped yellow pepper. Wrap in foil and bake for 10 minutes.