

Hi There!

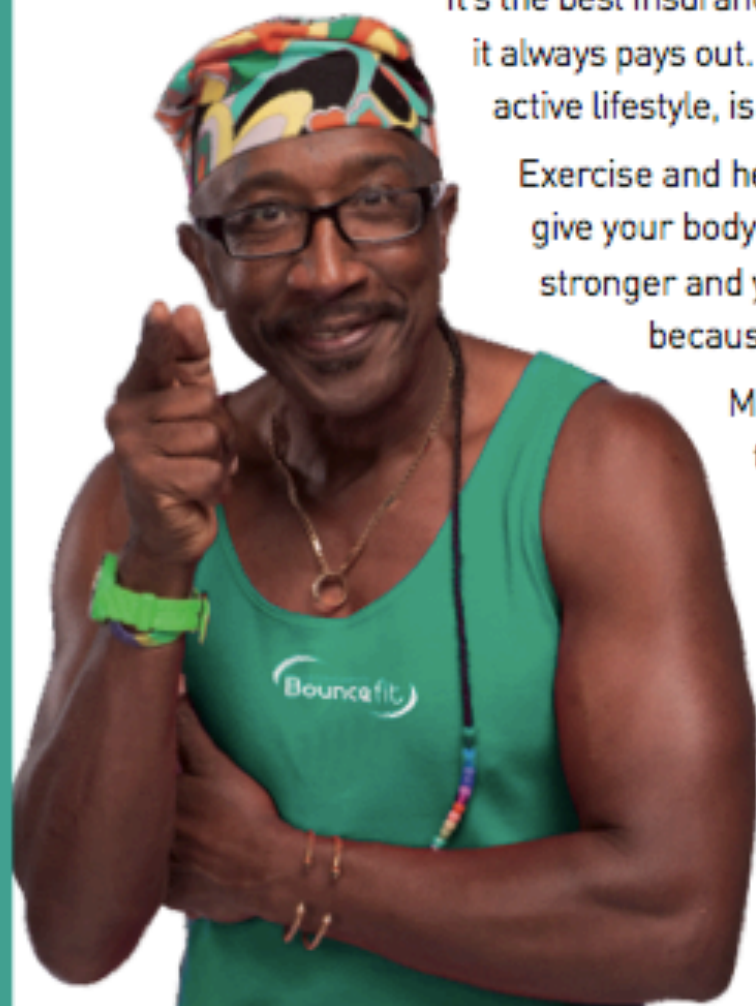
For me, exercise has always been a way of life. In my opinion it's the best insurance policy you can give your body, because it always pays out. But just as important as leading an active lifestyle, is following a healthy eating plan.

Exercise and healthy eating go hand in hand. If you give your body the nutrients it needs, you'll feel stronger and your work out will be more efficient because you'll have more energy.

Maintaining a healthy diet doesn't have to be complicated, and to show you how we have teamed up with nutritional consultant Laura Church to create an easy to understand nutritional guide.

Start making those changes to your eating and exercising habits and I promise you'll soon see results.

Everybody say yeah!



Laura Church – Professional Nutritionist

Laura's background as a member of the British Judo Team and subsequently as a competitor in the 'Miss Figure' and 'Miss Fitness' categories means that she is perfectly placed to give you advice on your diet. Her extensive nutrition expertise and knowledge of international sport has enabled her to help people from all walks of life and levels of fitness to promote good health and well being. Laura also works with many sporting professionals to create tailored eating plans which help increase physical performance with quicker recovery. She even presents her own 'Health & Nutrition' show on television.



Food tips

Metabolic rate

Your metabolic rate regulates how effective your body is at burning calories. Going for long periods without food will slow down your metabolic rate, and the food that you then consume will be stored as fat. When lean tissue (muscle) is lost, your metabolic rate will slow down even further as muscles are the furnace to burn fat more effectively.

Pancreas

The pancreas regulates blood sugar levels, so eating healthily every 2 ½ – 3 hours will help to prevent sugar cravings, weight gain and mood swings.

Food for fuel

Here are a few examples of good proteins, carbohydrates and good fats which you can use to plan your healthy meals:

Good sources of protein

- Turkey
- Chicken
- Lean red meat
- Eggs
- Mackerel
- Salmon
- All white fish
- Sardines/pilchards
- Tuna in brine & water
- Pulses and lentils
- Nuts and seeds

Good sources of carbohydrates

- Porridge
- Potatoes with skin on
- Sweet potato
- Wholegrain rice
- Bananas
- Dried apricots
- Wholemeal, rye, or soda Bread
- Oat cakes

Good source of good fats

- Extra virgin oil
- Flax seed oil
- Oily fish such as mackerel, salmon, sardines, herrings and tuna
- Seeds – some of the best are pumpkin seeds, sunflower seeds and sesame seeds
- All nuts – not salted

Remember – all fats are high in calories so they should be limited if you want to lose weight.