



## Top Tips

# FOCUS ON YOUR HEALTH

### **Drink plenty of water and limit 'empty' calories**

Water is essential to our survival and we should be drinking at least 2L per day, plus an extra litre for every hour of exercise. Alcohol and sugary drinks provide additional calories with no additional nutritional benefits, so try and limit your intake throughout the week.

### **Making healthier choices**

Of course, we all know that fruits and vegetables are good for us; but there are several other everyday changes to our diet that can help us to improve our health and help us reach our goals.

Limit your sugar intake – many products that we buy may contain added sugar, common culprits include; yogurts, cereals, cooking and table sauces, snack bars, flavoured drinks and ready meals. Check and compare labels whilst shopping and cook meals from scratch when possible.

Choose whole grains – refined grains have been milled to have the germ and bran removed, this extends the products shelf life but impacts the amount of fibre and vitamins left in the product, whereas whole-wheat pasta, bread and flour still has all its nutrients intact.

The right kind of fat – saturated fat, found in products such as pastries and processed meat, is responsible for raising our cholesterol levels and causing high blood pressure due to narrowing of the arteries. Healthier sources of fat can be found in fish, nuts, seeds and olive oil.

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## **Avoid extremes – consistency is key!**

A common mistake that we see is trying to be perfect all of the time – we nail our nutrition Monday-Friday and then we overeat at the weekend and a couple of drinks turns into a bottle or two. In the end, it is not what we do some of the time that makes the difference, but what we do consistently.

It would be unreasonable to expect that you will never eat another takeaway or treat yourself to a dessert, and for you to continue living a healthy lifestyle, we would always recommend that you enjoy your favourite foods in moderation – to avoid a fast food binge.

## **Effective training**

Our programmes and group training memberships are designed to give you access to all aspects of an effective training routine; including strength, cardio, core strengthening and flexibility.

Everyone's schedule is different; however, we would advise training at least 3 times a week to make a positive impact on your health and fitness goals and taking at least 1 rest day per week to allow your body adequate time to recover in between sessions. Rest is just as important as training. It is during your resting periods that your muscles repair themselves and become stronger.

## **Tracking your progress**

In order to make a lifestyle change, we need to be consistent with our actions and hold ourselves accountable; you could use our Lifestyle Log to keep yourself on track with your goals and measure your progress as you go along. We also recommend tracking your food intake via an app such as My Fitness Pal and taking your measurements regularly to keep an eye on your progress.

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