

Top Tips for Kick Starting Your New Year!!

Ensure you eat quality food and frequently.

Make healthy food choices and increase your intake of whole grains, lean proteins and fruit and vegetables. Eat regularly during the day and don't skip meals. Every time you eat your metabolism increases....eating every few hours will keep it revved up. By eating good quality foods, your body will absorb more of the nutrients available.

Reduce the amount of unrefined carbohydrates in your diet.

Consuming sugar has many effects on the body's systems. It suppresses your immune system, stimulates your adrenal glands and acts to increase your insulin response and promoting fat storage.

Drink plenty of water.

Dehydration reduces your ability to function optimally, so make sure your drinking water every couple of hours. Also reduce the amount of carbonated drinks, caffeinated drinks and alcohol.

Increase your activity level.

Try to fit in a regular exercise routine to improve your health fitness, incorporating cardiovascular, conditioning and flexibility. If you can't fit in an hours routine, think of all the things you can fit into your day to increase your energy output, try climbing the stairs rather than taking the lift or a brisk walk for 15 minutes.

Sleep well.

By getting enough sleep you are allowing your body to recover from the daily stresses placed upon it. You are also less likely to opt for sugary snacks due to fatigue mid-afternoon. Try some gentle breathing exercises to help you relax.

Don't overtrain.

Ensure you are resting between your bouts of activity and are consuming enough to fuel your body's individual daily requirements. At the start of your training session if you still feel excessively fatigued from the last session then you should re-assess your activity: rest ratio.

For you to make changes to your lifestyle, lose weight and increase your fitness the main thing you need is..... CONSISTENCY!

If you are finding it difficult to get motivated to implement changes into your life, feel free to contact us and seek the advice of a fitness professional.

*Before making any major lifestyle, nutritional or exercise changes please consult your doctor.