

Eat & Drink Yourself to Fitness.....by Full Bottle Fitness

We want to show you healthy eating doesn't have to be complicated. Follow a few simple guidelines and you'll be feeling healthier quickly!

1) Macronutrients:

When we consider the nutritional needs of the body to survive and function, we can broadly divide the diet into macronutrients (carbohydrate, protein and fat), and micronutrients (vitamins and minerals). The three macronutrients all supply us with calories or energy. The body requires these nutrients in large amounts to grow, develop and continually thrive. It is important to have a variety of all three daily. Make sure you are getting your macronutrients from good sources (at least for most of the time!)

Protein: chicken, tuna, salmon, beef, white fish, pork, prawns & turkey.

Carbs: brown rice, sweet potatoes, pumpkin, oats, grains & fruit.

Fat: olive oil, coconut oil, avocado, nuts, fish oil, butter & eggs.

2) Cook from scratch

When you cook from scratch you'll know exactly what is in the food you are eating. You will reduce your consumption of preservatives and other chemicals that are put into packaged food. This a much healthier way of eating, it will save you lots of money and your food will taste better!

3) Eat the rainbow – Fruit and Veg

When it comes to veggies, the more colourful the better. The colour of the vegetable is an indicator of the vitamins and nutrients it contains. It is important to eat a huge variety of colours.... literally eat the rainbow! They should make up over a third of the food we eat each day. Aim to eat between five and eight portions of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced. Fruit and veg are a good source of vitamins, minerals and fibre.

4) Water - is it important?

The minimum levels of daily water consumption should be two litres or eight and ten glasses. The requirement of two litres of water is equivalent to just over three and a half pints. However, much depends upon the level of activity that you engage in, your physical health, your size and weight and whether it's a hot day or not. We would always recommend that drinking water little and often is the best way to stay hydrated. You should drink two pints of water between an hour before high intensity based exercise to improve your performance. Warning, alcohol and coffee can undo the good work as help us to pass water not retain it.

Eating and drinking healthily doesn't have to be confusing. Just by following a few simple guidelines like the ones above you will be making a huge improvement to your health.

If you are looking to get fitter, remember you cannot outrun a bad diet. If you are looking for weekly inspiration look on our Facebook page. <https://www.facebook.com/fullbottlefitness> . Full Bottle Fitness focuses on Lifestyle Change, Personal Fitness Training and Fitness Classes. Please contact us if you would like to find out more. www.fullbottlefitness.co.uk . Get Fit, Stay Fit and Have Fun.

Tina Sales Full Bottle Fitness

