



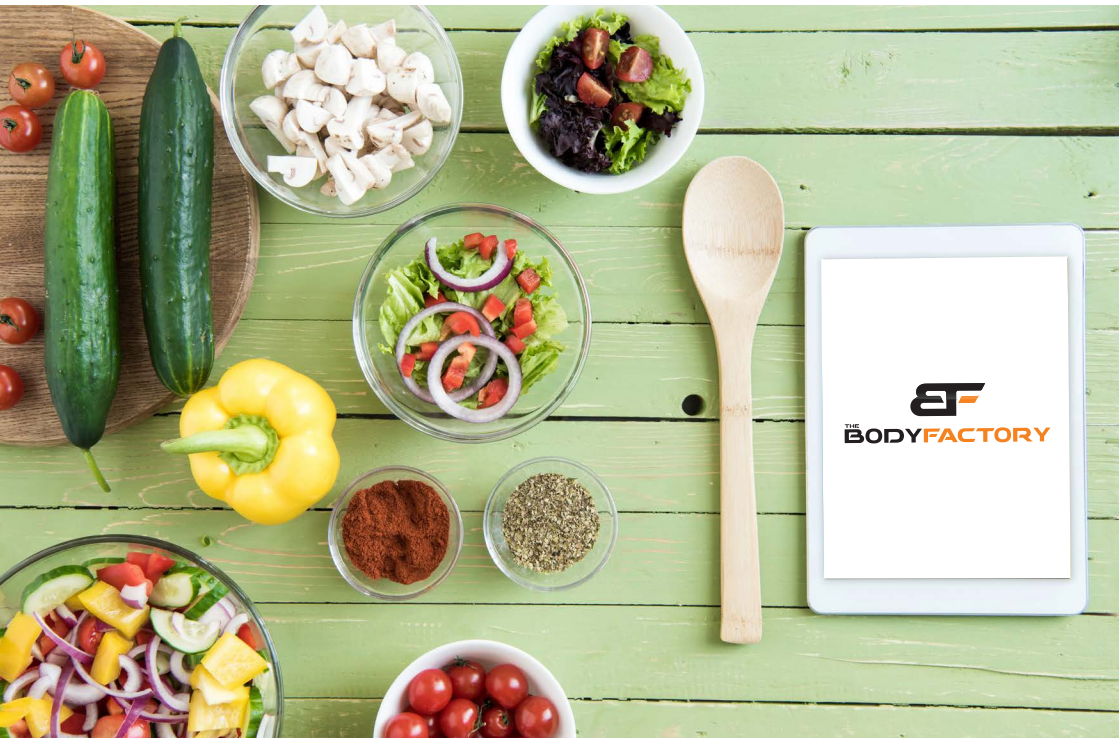
THE
BODYFACTORY



lifestyle FIT



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introduction

Physical exercise is the easy part to living a life of good health, vitality and longevity (especially now that you're training with us), but being conscious of your habits and activities outside of the gym are what make or break your health and wellness, and ultimately your goals. Here are a few tips on eating, fluid intake, and sleep, that we've put together to ensure you enjoy a lifestyle of good health.



healthy EATING

whenever possible, eat clean by choosing natural foods

PEOPLE THAT START A NEW 'HEALTHY EATING' PLAN OFTEN COMPLETELY CHANGE THEIR DIET TO FOLLOW A NEW PROGRAM THAT PROMISES RESULTS. THIS ENTHUSIASM IS GREAT, BUT SOONER OR LATER THEY STRUGGLE WITH THE CHANGE OR GET BORED. CRAVINGS FOR DIFFERENT FOODS GROW AND THE NEW PLAN CRUMBLES. THE KEY TO MAKING LONG-TERM SUSTAINABLE CHANGES IS TO START WITH MANAGEABLE ADJUSTMENTS THAT YOU ARE CAPABLE OF SUSTAINING AND IMPROVING.

The below guidelines highlight dietary habits to assist you to make better food choices and in turn, feel the benefits of eating a clean and healthy diet.

- ▮ **Whenever possible eat clean.** The less processed a food and sugar the better. Natural, unprocessed foods are easier for your body to digest and contain a higher concentration of micronutrients that your body needs.



savour the flavour! Don't be scared to use flavour seasonings

- Choose **natural peanut butter** (up to 99%-100% peanuts) over peanut butter which may only contain 85% nuts or less and has added sugars and salts.
- Variety in the way you cook.** This will prevent boredom. Try steaming, poaching, grilling, baking, pan frying (in light oil of course) or BBQing instead of just using one method. Be creative!
- Savour the flavour.** Use flavoured seasonings with low calorie and low salt content, and herb and spice blends to your advantage.
- Read your food labels.** Companies will trick you with their marketing to make you believe something is healthier than it is. Understand ingredients and check the contents of foods – sugar syrups are an example of one you're best to avoid.
- Know your macronutrients.** Knowing how much you need to be eating as a rough guide will assist with your sanity and you making great decisions. Remember, both protein and carbohydrates contain 4 calories per gram, where as fat contains 9 calories per gram.
- Eat slower.** It takes roughly 20 minutes for your brain to recognize that your stomach is full, so if you're still eating when you start to feel full you've over eaten!

Life is about balance and let's face it, we were designed to love food!
Being informed, and making great decisions means variety, and in
turn balance, to ensure a happy and healthy lifestyle.





flavour COMBINATIONS

PEOPLE TEND TO ASSOCIATE CLEAN EATING WITH BORING, BLAND DISHES, THOUGH FAIL TO APPRECIATE THE CREATIVE OPPORTUNITIES TO ADD SOME FLAVOUR AND LIVEN THINGS UP. CHECK OUT THESE CHEEKY COMBINATIONS TO ENSURE THINGS NEVER GET DULL.

Sweet Potato Goes well with button mushrooms, tarragon, rosemary, cinnamon, nutmeg, gingerbread, turkey, walnuts, pumpkin, raisins, and balsamic vinegar

Basmati Rice Goes well with beef mince, raisins, bream, duck, pork, walnuts, apricots, lemongrass, spinach, roast chicken, lemon, chilli, cinnamon, gloves

Oats Goes well with Cinnamon, dried fruits, peanut butter, banana, honey, cocoa, berries

Eggs Goes well with spinach, garlic, mushrooms, ham, most cheeses, beef, chives

Cottage Cheese Goes well with vanilla, cinnamon, peanut butter, strawberries, banana, coconut

Green Vegetables

Green beans go well with, hazelnuts, parma ham, mint, lamb, apple, honey, almond, raisins, beef, chicken, shallots

Broccoli goes well with orange peel, walnuts, goats cheese, beetroot, roast chicken

Spinach goes well with cherry tomatoes, pears, veal, cashews, ham, garlic, turkey, apple, brie

Chicken Goes well with mushrooms, chilli, olive oil, basil pesto, cranberry, lemon, honey, orange, hazelnut, tomato, garlic, apple, red wine vinegar dressing/reduction, thyme, rosemary, green beans, siracha



Water

IT IS A FACT THAT 60% OF A ADULT HUMAN IS MADE UP OF WATER – SURELY THAT’S ENOUGH TO STATE THE IMPORTANCE OF DAILY WATER INTAKE! WATER SUPPORTS MULTIPLE HEALTH FUNCTIONS AS BEING A TRANSPORTER OF NUTRIENTS AND OXYGEN AROUND THE BODY. IT ASSISTS IN REGULATING BODY TEMPERATURE, PROVIDES LUBRICATION AROUND JOINTS AND HELPS FORM THE STRUCTURE OF MACROMOLECULES.

The amount of water your body requires depends upon a number of lifestyle factors;

-  Climate
-  Body size
-  Exercise (sweat loss)
-  Diet
-  Caffeine intake
-  Water intake from food

To note: the average daily fluid intake required for an adult is 1.9–2.6 litres per day!

To remain hydrated, begin your day with a large glass of cold water. Continue to do so throughout the day in consistent intervals, increasing intake if in fact you’ve exercised, are working outside or in hot conditions, or have a high caffeine intake.

WATER SHOULD BE CONSUMED BEFORE THE ONSET OF THIRST

SIGNS OF DEHYDRATION

Muscle Cramps	Fatigue	Concentrated Urine
Feeling Hot & Thirsty	Headaches	Nausea



Sleep Quality

TOO MANY PEOPLE UNDER-ESTIMATE THE IMPORTANCE OF QUANTITY OF SLEEP (7-9 HOURS) AS WELL AS THE QUALITY OF IT. THINK ABOUT HOW MANY HOURS YOU SPEND IN BED VS. HOW MANY HOURS YOU SPEND ASLEEP. LYING IN BED ON YOUR PHONE/TABLET OR WATCHING TV UNTIL YOU 'GET TIRED ENOUGH TO SLEEP' IS COMPROMISING THE QUALITY OF YOUR SLEEP. THE LIGHT EMITTED FROM PHONE AND TV SCREENS (KNOWN AS BLUE LIGHT) SUPPRESSES YOUR BODY'S NATURAL RELEASE OF MELATONIN, A HORMONE YOUR BODY RELEASES TO PREPARE YOUR MIND AND BODY FOR SLEEP. SEVEN HOURS OF QUALITY SLEEP IS FAR SUPERIOR TO NINE HOURS OF INTERRUPTED SLEEP.

Here are a few ways to help improve the quality of your sleep

- Refrain from watching TV or staring at your phone for at least 20 minutes prior to going to bed
 - Minimise the time spent in bed before going to sleep
 - Meditate before bed
 - Yoga before bed – just 10 minutes of yoga can help to relax your mind and body, preparing you for a sound sleep
 - Jasmine oil has been proven as a powerful relaxant that works as an effective aid in promoting restful sleep
 - Supplements such as ZMA (zinc, magnesium aspartate, and vitamin B6), melatonin and 5-HTP have all been proven to promote restful sleep, though consult a qualified professional prior to use
- It's also worth considering the use of an app such as Pillow (iOS) or Sleep Time+ (Android, iOS) as a sleep journal. A journal will help monitor how many times you wake up throughout the night, depth of sleep, and can assist to identify what works and what doesn't in ensuring you have an effective, rested sleep.



THAT'S JUST A FEW TIPS FROM US -
WE KNOW THEY'LL BE HELPFUL!

Yours in health and wellness

LUKE EDMONDS AND HARRY ORR



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