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**Your Bookmark**

**from Nela Sullens:**

 **Practical & Healthy TIPS**

***Your body is your temple, take care of it!***

***Make decisions to be healthy EVERY DAY!***

***Your healthy lifestyle never starts tomorrow, you are living TODAY!***

***Simple healthy habits will give you control and give you right direction for long-term and enjoyable improvements.***

1. **Forget about DIETS and “quick weight loss” miracles.**
* Quick diets can be dangerous and can harm your body.
* The correct process to create a healthy and good looking body is combination of:
	1. healthy and nutritious foods
	2. regular physical activity
	3. proper and technically correct exercise

prepared according to an individual’s level and goals

* 1. sufficient sleep and relaxation.







1. **Eat regularly and often**

 ***3 is your MAGIC number!***

* Eat every three hours to speed up your metabolism!
* Three well balanced meals**\***: Breakfast, Lunch, Dinner and small healthy snacks in between.
* **MOST IMPORTANT!** Always start with BREAKFAST; that is your daily boost of energy. This missed step is not reversible!
* It’s the same like trying to start your car in the morning with NO fuel in the tank. Do you want to push it until next fuel station or you want to drive it?
* A healthy snack in between main meals means small nutritious foods; try to avoid quick junk food, chips, or sweets. Great examples are fruits, vegetables, natural nuts (not fried/not salted), mixed salads, or small piece of lower fat hard cheese, cottage cheese or mozzarella.

**\* Balanced meals** consist of these nutrients**: carbohydrates 45-65%** of total calorie intake (grains, vegetables, fruits), very important **fiber** is in this category; **proteins 20-35%** (lean meats, fish, dairy products, nuts, legumes), **fats 20- 30%**  (olive oil, coconut oil, butter, vegetable oils, nuts, seeds, fatty fish, avocado, etc.). Fats have more calories per gram (9cal/g) than carbs (4cal/g) or proteins (4cal/g).

* This schedule *will* ***increase*** *your metabolism and allow it to work properly and efficient.*
* Not following this guideline forces your body to cope with stress management and places food (fuel) into reserves (fat tissue).
1. **Eat smaller portions**
* **Important note** - eating more often, does not mean eating more (calorie wise). Caloric intake must be controlled to prevent positive energy balance - **eating more than you use or need.**
* To make progress in **body shaping** and **looking GOOD** (there is a difference in body shaping and losing weight - to read more visit my webpage), your energy intake must be lower than usage. This can be regulated by implementing regular physical activity/exercise (formula of 70% nutrition and 30% exercise).
1. **Be physically active and exercise**
* The importance of exercise is often undermined.
* A healthy lifestyle includes your activity level. **Exercise** will make you stronger, build your muscles to support your body, and burn more energy. Once started, you automatically begin to feel better due to lowering stress levels and producing hormones of happiness (endorphins). Your oxygen level usage will raise over time, allowing your body to work more effectively.
* A s*edative lifestyle* is a high risk category for cardiovascular diseases, high blood pressure, metabolism disorders, and cancer.

**TIP:** Regular walking is an excellent way how to start.

1. **Making the HEALTHY DECISIONS**
* Learn what foods are healthy and why! Knowledge will help you to understand your choice and support you in making it. Find quality sources of information – articles, books, and professionals.
* Substitute trans fats (bad fats) with healthy fats. Use extra-virgin olive oil, avocado oil, virgin coconut oil, and butter. (There is a difference in oils suitable for cooking depending on temperature - read more on my webpage).
* Substitute sweets with fruits (fresh or dried fruit for cravings), you do not need to give up all sweets, just be wise on the amount.
* Use whole grains instead of white grains (breads, cereals, and pastas). The whole grains will fill you more, add more nutrition, and lower your Glycemic Index – which regulates the sugar level in your blood.
* Add veggies to every meal! They will fill you more (they have less calories and more vitamins, nutrition, and fiber). You cannot go wrong with eating too many vegetables - and the benefits are amazing! Prefer fresh products before frozen and frozen before canned.
* Vary your protein intake and do not eat too much, it is difficult for your stomach to digest. Recommended is around 30g (approx.) of protein per meal. This equates to a palm hand size portion, per meal. Choose lean meat, fish or sea food (best source of Omega 3). Add more **legumes** in your food plan; it is great source of natural protein and nutrition.

**TIP**: Learning about food and nutrition can be as interesting as you make it. If you feel de-motivated, why don’t you email me your comment or question.

1. **Pure WATER is the life.**
* Watch what you drink and how much. **2-3 liters** of water a day is a highly recommended. Try to find a way to control it. Always take a bottle of water with you. I recommend limiting sodas and sweetened drinks, many contain extra sugars and artificial flavors/chemicals. If you drink coffee, try with less sugar or use Stevia (natural sweetener). Remember coffee dehydrates your body, thus, drink your water.
* Water is the best choice. Add natural tea, fresh juices, and mineral water - with limitations.
1. **Plan your eating schedule, shopping, and ‘emergency’ situations**
* Plan your meals for at least the next day, but the best would be to write down the list for the whole next week. While planning, think about your activity schedule, where are you going to be and what can you pack to take with you?
* Your shopping list and what you buy is a key to success. Make sure you are buying healthy and good quality foods. You cannot prepare unhealthy meals from healthy foods and ingredients you store in your kitchen!!!
* It is helpful to learn how to read and understand food labels to support your choices and compare products!

By planning your meals you are preventing lack of time for preparation, increasing shopping efficiency, and ensuring you have the right food for home or to take with you for your activities.

**TIP**: Buy a lovely shopping list pad or make one for yourself. Be creative and include your pictures or your desired outcome to keep you positive and focused while shopping.

**Struggling to find the time to cook?**

* + Plan **easy, quick, and healthy recipes** (see my webpage) instead of using processed foods, which are high in artificial preservatives and unhealthy chemicals.
* Cook the day/evening before.
* Cook for a couple days / make extra.
* Have 2-3 recipes for ‘emergency’ situations, meaning when you have little time to cook. Always ensure you are stocked with the ingredients for these recipes at all the times.
1. **Eating in the restaurant**
* If you need to eat in a restaurant, choose a restaurant that offers healthy choices or menus. All menus offer many varieties of meals, make yours a healthy choice!
* Please limit/reduce fried foods! A better choice would be a cooked, baked, or grilled option. Ask for the order without, or on the side (for control), heavy (fat) sauces & gravies. They contain a lot of hidden calories.
* Lean meats, fish, salads (light dressings), and vegetable sides are recommended.
1. **Be responsible for the FOOD you offer to your kids and family.**
* You are the creator of your lifestyle and the habits of your kids. This is a serious responsibility. Give them the best you can to prepare them for life and build a great base for their future. You are the example, teaching them to make good, healthy choices.

**For more information, recipes and healthy ideas click on my website:** [**http://nelcasfitnessworld.weebly.com/**](http://nelcasfitnessworld.weebly.com/)

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