



How to “Keep Moving!”

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Exercise is one of the best ways to improve and maintain your energy, health and wellness levels.

To get the most out of each exercise sessions and to prevent “wear and tear “ as you continue to stay active NUTRITION is a very important and often neglected part of the plan.

My top ten tips on how to “Keep Moving”:

1. **Use the correct FUEL: Eat enough unrefined carbohydrates :** Carbohydrates are our bodies’ preferred source of energy and if you don’t take enough of this, you will be running out of fuel during your exercise sessions. Don’t try and “fool your body” into burning fat by cutting down on carbohydrates too much as it does not work this way. Cutting down on carbs just means that you will now access your precious protein stores instead.
2. **Stay hydrated during exercise:** An isotonic beverage has an osmolality close to that of blood (~300 mOsm/kg), which optimizes fluid absorption. **Isotonic** beverages quickly replace fluids lost by sweating. The carbohydrate provides energy to the working muscles, which will help prevent fatigue. This type of drink is the choice for most athletes, particularly individuals exercising for long durations (>1 hour) or those engaging in shorter durations but high intensity **Hypotonic beverages contain a lower carbohydrate concentration than isotonic beverages (about 6%)** This creates a less concentrated beverage with a lower osmolality. Although the osmolality is lower, hypotonic beverages also rapidly replace fluids lost by sweating. They are suitable for athletes who need to replace fluids, but require less energy (carbohydrate). A hypotonic beverage may be more appropriate in those engaging in less than 1 hour exercise. You can adjust the osmolality of a drink by adding more or less water to it.
3. **Rehydrate after exercise :**Rehydration should be completed ideally within 2 hours of exercise. Athletes and fitness enthusiast are encouraged to consume an isotonic or hypotonic drink such as NUTRILITE’S STRIVE+ within 30 minutes following exercise lasting over 60 minutes. This will enhance glycogen synthesis. Studies have found carbohydrate consumption every 2 hours after intense exercise improves glycogen stores.ⁱ Consumption of carbohydrate containing beverages after resistance training exercise may also reduce protein break down and enhance protein retention.
4. **Important vitamins for energy production:** B-vitamins help the body use the fuel provided by energy yielding nutrients – carbohydrate, fat and protein. Several B-vitamins form part of the coenzymes that aid certain enzymes in the release of energy from energy yielding nutrients. Some B-vitamins assist enzymes that metabolize amino acids and help cells to multiply (i.e. red blood cells and cells lining the GI tract). Best sources of B-vitamins are whole grains, dairy, and protein sources such as meat and legumes. A supplement or a sports drink with added B-vitamins (such as Fit H2O) are beneficial.ⁱⁱ
5. **Maintain Bone Health and Muscle contraction:** The most important nutrients here are: Calcium Magnesium and Vitamin D in the correct ratio. (2:1) Calcium forms strong bones and stimulates blood clotting after injury. It is also essential for normal muscle and nerve activity. Magnesium is required for normal muscle and nerve activity and assist with the metabolism of energy and the genetic material DNA. Vitamin D and C assist with calcium absorption.



6. **Decrease oxidative stress:** When we exercise we burn more oxygen which means that the body produces more free radicals which makes us vulnerable to cell injury and infections. Training in a carbohydrate or protein depleted state also decreases immunity. Anti-oxidants such as Vitamin C and Carotenoids have been shown to benefit recovery and prevent cell injury. Increasing the intake of fruit and vegetables to 5-9 portions per day and / or taking a supplement is very important for recovery. An example is Red Orange Complex™ (ROC) found in some sports drinks which has been shown in clinical studies to reduce oxidative stress brought on by physical activity. Oxidative stress may also lead to decreased physical performance and muscle fatigue.
7. **Decrease inflammation levels:** Make sure that your diet contains enough nutrients with that decrease inflammation levels. These include **Omega 3 (EPA and DHA) fish oil (not omega 6 and 9)**. Eating enough oily fish (100g 3 times per week or taking a supplement of about 300mg EPA and DHA). Other food that decrease inflammation is nutrients from berries, pomegranate, tumeric, basil and rosemary
8. **Look after your joints:** Uncomfortable joints may be a sign of ageing and problems such as exercise injuries may increase degeneration. Nutrients such Glucosamine and the herb, Boswellia, may help reduce joint inflammation and swelling, increase joint mobility and provides relief from associated pain. In addition it may also reduce symptoms of sports injury by repairing damaged cartilage and promoting improved joint function. Omega 3 also helps reduce inflammation levels.
9. **Improve your body's "stress response":** Adaptogens such as Siberian Ginseng will help your body adapt to the extra demands placed on it during times of stress. This herb taken in correct dosages and in its purest form may help enhance stamina and endurance assisting in the improvement of general wellbeing. Taken with Ginkgo Biloba improves blood flow to the extremities and is ideal for athletes and busy individuals. Rhodiola Rosea is another herb which help maximize mental and physical performance during exercise. Research also suggests that it may shorten recovery time
10. **Recovery:** By eating a healthy overall diet with enough carbohydrates, protein, plant fats, vitamins, minerals and phytonutrients, you will enhance your body's recovery rate after exercise ready for the next session of work, exercise or relaxation.

For more detailed diet plans and supplement regimes please feel free to contact :

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