



Six tips for a healthier you

Ideally you need to have your actual calorie requirement worked out but failing that there are a number of steps you can take to become healthier and leaner.

1. Consume fewer calories from processed foods. Generally foods closer to their natural state will have less hidden fat, sugar and e-numbers than processed foods. Buy fresh and cook it yourself- that way you know what's in it.
2. Reduce your portion size, chew your food and stop when you are full are all good ways to take control of your eating.
3. Aim for 3 meals and 2 snacks during the day. Eating smaller amounts more often will level blood sugar and insulin levels, curbing cravings and boosting your metabolism.

4. Drink plenty of water (no water used to scald a tea-bag doesn't count!)

5. Add as much activity into your day as you can- e.g. walk up and down stairs during the advert breaks whilst watching TV in the evenings, take stairs whenever there's a choice, go for a walk during your lunch break, etc.

6. Rest - relaxation and sleep are also very important parts of a healthy lifestyle. Stress has been linked to many health problems so take time to relax. Without sleep the body cannot repair itself so work out how many hours you require and aim to achieve that goal on a daily basis