

Nutritional Nuts & Bolts – Back to Basics

- Use chopped or dried fruits as a topping on breakfast cereal instead of sugar
- Have a piece of fruit for pudding or dessert
- When preparing a salad, remember that virtually any raw vegetable can be used – not just lettuce, tomato and cucumber
- Learn how to make a decent salad dressing
- Try eating a salad before your main meal



Myth Busting

I am trying to lose fat and have heard that if I skip breakfast before my morning workout, I will burn more fat. Is this true?

An interesting question that has been a hot topic in recent times. The answer can be quite complex and depending on the circumstances, can be either 'Yes', 'No' or 'Maybe.'

Human physiology and metabolism isn't always simple. Once exercise gets added in, things get even more complicated.

Factors to consider include:

What sort of workout do you enjoy?

Low intensity cardio won't burn the same amount of fat as HIIT. Also, weight training in a fasted state isn't ideal for muscle protein synthesis as the body will use amino acids, not just fat, for energy.

What do you eat?

If your diet is made up of energy dense, highly refined or processed food then 'fasted cardio' for fat loss won't outweigh a poor diet. Nutritional quality, variety and distribution are more important.

Fruit, Fruit, Glorious Fruit



Most people are convenience eaters.

Fruit like apples and pears are just as accessible as the sweet cakes, biscuits and vending machine items, but far healthier.

The next time you stop in for lunch or a coffee break, pick up an apple or orange. A quick and easy way to top up your **vitamin** and **fibre** intake, and you're less likely to fall victim to a 'sugar crash' later.

WiFi Issues Getting You Down?

How disconnecting from digital devices can help you reconnect with friends and family.



Smartphones have provided amazing benefits to us that could scarcely have been imagined even just a few decades ago.

However, these devices come with some costs. One of the biggest consequences of being so connected: The more we engage with our devices, the more disengaged we become with those around us - our friends, loved ones, co-workers and other people in our lives.

Smartphones and other digital devices give us a way to fill free moments in our lives - while we are in line at the post office, bored at work, or even sitting on the beach. *If you go on diligently filling that empty space by staring at a screen, you'll begin to become uncomfortable with having any empty space at all*, psychologists say. These are moments you could use for self-reflection, connecting with people around you, or, depending on where you are, absorbing the beauty of your surroundings.

Sometimes
later
becomes
never
Do it
now



30
MINUTES
OF DAILY
EXERCISE

A half hour of movement has a big payoff. Research shows it can lower blood pressure, improve cholesterol, prevent osteoporosis and manage type 2 diabetes. But you don't need to go to the gym - even a brisk walk counts.