

Jeni's Health & Fitness Tips

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Issue 29 July/Aug 2007

Hi Everyone!

Do you feel you have as much energy as you need? There are many ways to increase your energy level. Start with the basics of a wholesome diet and regular exercise. The exercise you choose should not make you feel tired but invigorated. If you feel tired after an exercise session, then you need to review the type of exercise you have chosen. You may be training too hard for your fitness level at the time. There are no advantages in training to the point of exhaustion. Increased fitness levels can be achieved by exercising at a low to moderate intensity as well as at a high intensity. Both paths lead to the same result in a similar time frame.

For many of us a typical day involves no intense exercise. High intensity exercise can increase the risk of heart attack by up to 20 times. There is also the risk of injury to joints, muscles and bones. Therefore, it is important to start out gently and increase intensity as fitness levels rise. Working at the correct intensity for your fitness level will make you feel more energized, improve mood and oxygenate the brain leading to clearer thinking.

Another way to improve energy levels is by having a nutritious breakfast. Breakfast is the most important meal of the day; it increases your metabolic rate and energy levels. A nutritious breakfast replenishes glycogen stores depleted during the night and prepares you to take on the day. It also helps you avoid the temptation of snacking before lunch. If you do not feel like eating immediately on rising, wait an hour or two. Get to work a little earlier and eat breakfast at work. The bigger the breakfast, the bigger kick start your metabolism will get.

Try some of the following breakfast ideas:

- Diced fresh seasonal fruit, topped with natural yoghurt, sunflower seeds, pumpkin seeds, almonds & walnuts.
- Add stewed fruit (prepared the night before) to porridge. Serve with natural yoghurt and chopped nuts. (You can leave the porridge in soak with the stewed fruit overnight to save time in the morning).
- In a little ghee, fry chopped mushrooms, tomatoes, capsicum, pine nuts & fresh parsley. Pour on a little Bragg's sauce or tamari. Serve on toast. No need for butter as the topping is coated in ghee.

With sufficient, appropriate exercise and a good breakfast you will feel more energetic and this, in turn, will help you achieve your full potential during the day.

Yours in health,

Jeni

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