



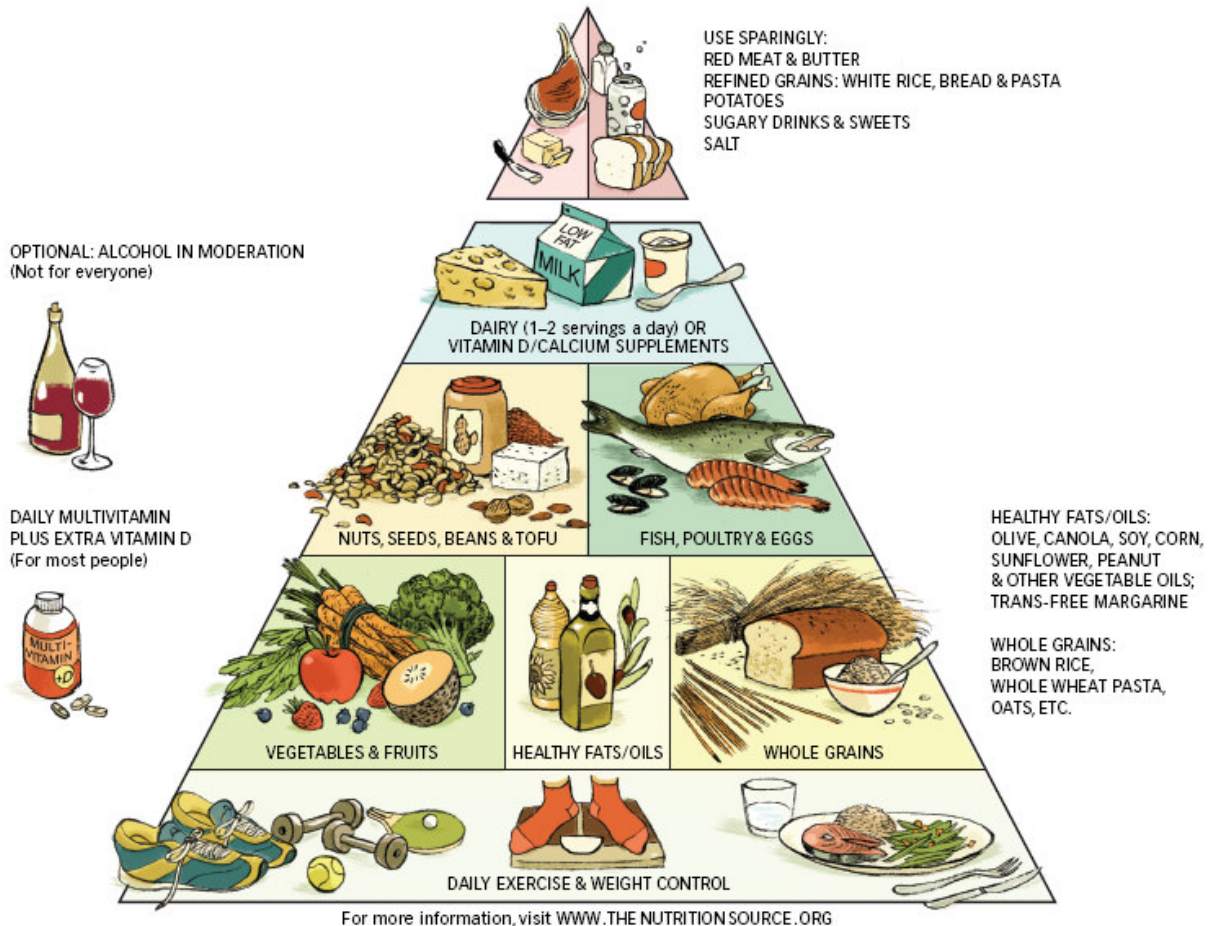
## My Body

**We live in a 'throw away society' and the age old saying 'out with the old, in with the new' can often be a standard daily quote.**

When it comes to your body you can't just go out and buy a new one if it 'breaks down'. You can make some simple life choices to help your body. You can change the way you think and how you feel in your own skin.

The most vital substance for a healthy mind and body is water. It is easy to overlook drinking the recommended 6-8 glasses a day. This simple, convenient, self help measure can quickly change how we feel mentally as well as physically.

It is best not to skip breakfast. Keep regular meal times and to choose food that releases energy slowly such as oats and whole grains. It is also important to eat some protein foods such as meat, fish, beans, eggs, cheese, nuts or seeds everyday. Below is the recommended eating guide.



## **Re Balance Your Lifestyle My Body**

Small changes to your diet can make a huge difference. Try doing a weekly shop, cooking meals at home and packing lunches for work.

### **Buying on a budget:**

- Don't shop on an empty stomach
- Buy less high fat foods like chips pastries etc
- Try and buy meat with little or no bone so your not paying for weight you can't eat
- Avoid pre-made meals as they end up being much more expensive
- Search out a couple of quick and easy recipes and rotate them so you don't get bored

### **Cooking tips:**

- Cook batches of meals. If you have time over the weekend, make large quantities of your favourite dinners and freeze additional batches for days when dinners are a rush
- Go meatless a few days a week. This is a good way to get much needed vegetables into your life, plus you will save money also
- Buy tougher meats which are less expensive and stew, roast or
- Marinate to tenderise and add more flavours. Also look for trim meat which contains less fat
- Buy beans, dried or canned legumes like white beans, chick peas and lentils as they are an inexpensive way to add protein to your diet
- Use whole grains. Brown rice is nutritious and delicious in it's own right
- Experiment with herbs; fresh herbs add a boost of flavour to any dish
- Make a pot of soup. Easy, nutritious filling and inexpensive soup is the ultimate money stretcher.

A small amount of exercise can make a world of difference, some simple ideas may include:

- Parking the car a few blocks away
- Taking the stairs instead of the lift
- Getting off a bus a stop earlier
- Walking around the block

## **Re Balance Your Lifestyle My Body**

You only have one body and although you may be fit and healthy now, it may be the small changes that you make along the way that make the word of difference later on.