

Losing energy mid afternoon when in work?

Beat the 3pm slump with these easy tips

1. Go herbal

Fading at work? Ditch your double espresso for a cup of white tea with a slice of lemon. Packed with antioxidants, detoxing properties and minimal caffeine, you'll enjoy a refreshing drink minus the energy crash from your long black.

2. Eat green

Iron will help keep fatigue at bay. Boost your intake by adding a handful of spinach leaves to your lunch and try an easy-to-absorb iron supplement. Make sure you're getting your fill.

3. Snack right

Staying healthy doesn't mean you have to starve! Eat smaller meals every two to three hours to keep your metabolism active and your energy levels on an even keel.



Healthy snacks like raw nuts or oatcakes with avocado and houmous will keep hunger and tiredness at bay.

Article from <http://www.womensfitness.co.uk/>

Over 50? You can still workout

Some say "50 is the new 30." But turning 50 doesn't have to be the end of being fit and energetic. Although it may take some patience, you can still be slim, sleek and foxy.

You've had kids, run a business, volunteered and done many other things by the time you turn 50 years of age. But through smart eating and regular exercise, most women in their mature years are staying fit — and fabulous!

Many difficulties of aging are linked to an inactive lifestyle. And while your chronological age may be 55, your biological age can be 35 — if you follow a consistent exercise program.

Walking is a good exercise for anyone at any age. Make sure you wear proper shoes and clothing. Check with your doctor about how long you can walk each day. Studies show that brisk walking for 45 minutes three times a week offers tremendous brain-boosting benefits and helps prevent mental deterioration.

Here are a few more fitness tips and "get moving" ideas:

Adopt a dog and take it for walks every day. Take the stairs instead of the elevator. And at home, don't yell up the stairs — walk to talk! Get up to talk with co-workers rather than sending emails. Have a meet-

ing with one or two workmates; go outside and make it a walking meeting. Walk briskly whenever you can. Find a sport, game or activity you enjoy. If celebrities can do it, so can you.

Article from <http://www.sheknows.com>



Health & Fitness Coaching

- Would you like to change your diet but don't know how?
- Are you losing pounds on your gym membership and not on your waistline?
- Does getting on the scales fill you with dread?

Working with a Professional Coach can unlock your potential to motivate you to achieve those ever elusive Health & Fitness Goals, why struggle on your own when coaching is the ideal way to get you from where you are now to where you want to be. Contact me for an initial FREE 30 minute consultation.

All conversations confidential

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