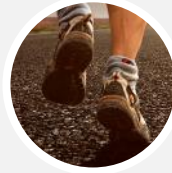




5 TIPS TO A HEALTHY LIFESTYLE

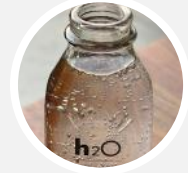
These 5 points are the foundation to a healthier you. Whether you are maintaining weight, losing weight or gaining muscle you should aim to get this right first before we increase any areas needed for your ultimate goal.

1 10,000 STEPS PER DAY



Use a pedometer to check you do 10,000 steps per day as a minimum

2 DRINK WATER - 30ML PER KG OF BODY WEIGHT



Eg- 70kg person needs 70 x 30ml = 2100ml or 2.1L plus 500ml per each hour of exercise you do.

3 VEGETABLES – 5 SERVES PER DAY



1 serve = 75g e.g.;

- 75g (½ cup) cooked green beans, broccoli, cauliflower, carrots, vegetables
- 75g (½ cup) cooked dried or canned beans, chickpeas or lentils, no added salt
- 75g (1 cup) raw green salad vegetables
- 75g starchy vegetables (e.g. ½ medium potato, or equivalent of sweet potato, taro, sweet corn or cassava)
- 75g other vegetables e.g. 1 medium tomato

4 PROTEIN – 3 SERVES PER DAY



1 serve = one of the below

- 2 large eggs
- 65g cooked lean red meats (e.g. beef, lamb, pork, venison or kangaroo)
- ½ cup of lean mince,
- 2 small chops, 2 slices of roast meat (about 90–100g raw weight)
- 80g cooked poultry (about 100g raw weight)
- fish fillet (about 115g raw weight)
- 1 small can of fish, no added salt, not in brine
- 1 cup (150g) cooked dried beans, lentils, chickpeas, split peas, or canned beans
- 170g tofu
- 30g nuts or seeds or nut/seed paste, no added salt

5 FRUIT – 2 SERVES PER DAY



1 serve = one of the following examples

- 150g of fruit eg. Berries
- 1 x medium piece of fruit
- 2 x small pieces