



MAXIMIZE YOUR OUTPUT

Making sensible nutrition
choices and engaging in
moderate exercise will boost
your energy levels

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THE MOST IMPORTANT MEAL OF THE DAY

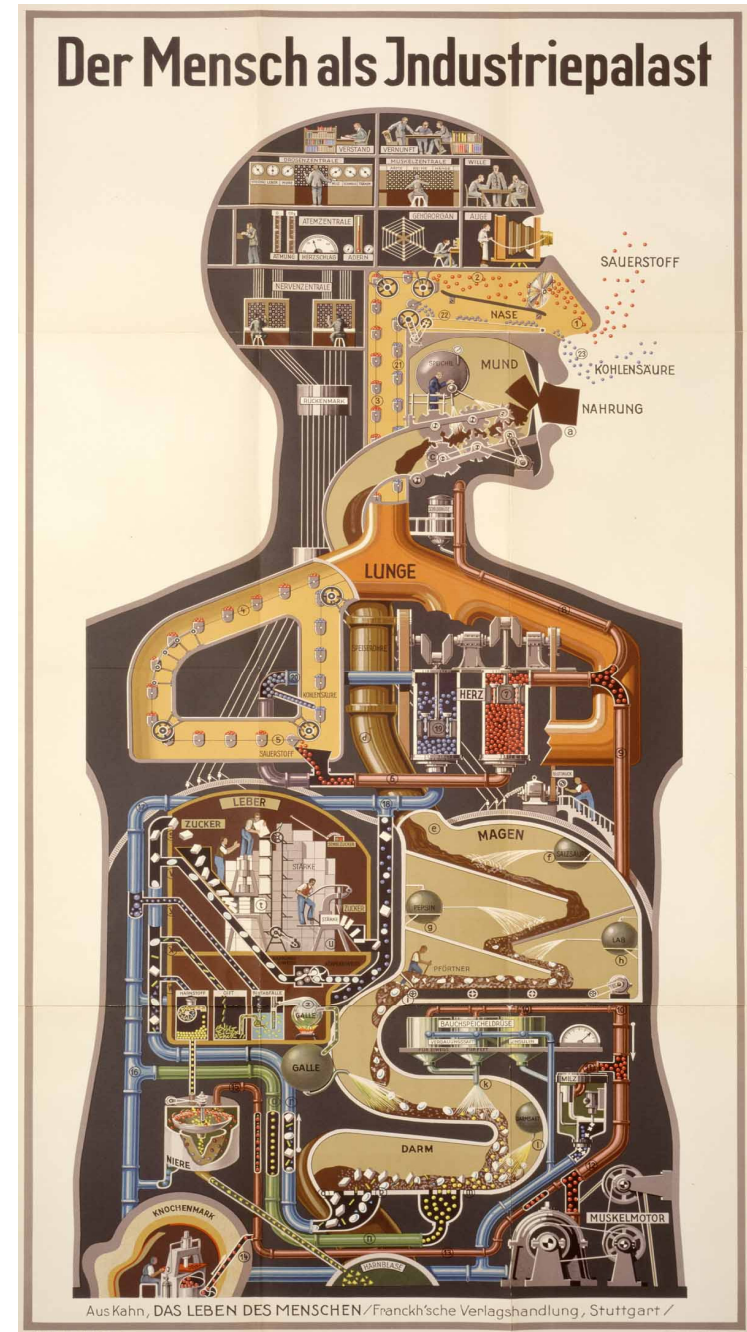
Breakfast should include:

- High quality protein
- 1 tbs good fat / oil
- Complex carbohydrates

Eating sugary breakfast foods (danish, muffins, donuts e.g.) will initiate a 'crash and burn' cycle

THE HUMAN BODY IS A FINELY-TUNED MACHINE

Fritz Kahn
Man as Industrial Palace



KEEP YOUR IMMUNE SYSTEM IN TOP FORM

Your immune system does SO much more than just fight germs

‘Immune surveillance’ is responsible for tracking down precancerous cells and getting rid of them

Your immune system can't do that if your body is too busy processing chemicals, fixing damaged tissues and not generally healthy enough to carry out repair

3 ways to take care of your immune system:

- **Sleep (7+ hours a night)**
- **Eat antioxidants (food, not supplements if possible)**
- **Moderate exercise (great stress reliever)**

KEEP YOUR BLOOD SUGAR STABLE THROUGHOUT THE DAY

Sensible snacks:

- Raw nuts
- Yogurt
- Bananas
- Whole wheat crackers/peanut butter (in moderation)
- Low fat cottage cheese
- Berries

NEGOTIATING THE ALL-YOU-CAN-EAT BUFFET

Start with a big salad:

- Lots of dark greens (no iceberg lettuce)
- Carrots, peppers, tomatoes, beans
- Miss out the cheese, opaque dressings

Choose a colorful soup

NO fried foods

Fresh fruit for dessert

Don't drink your calories

SMALL PORTIONS!!

AVOID THAT 'STUFFED' FEELING

Eating smaller meals more often throughout the day is much better for your digestive system

Eating 5 times a day is optimal:

- Breakfast
- mid-morning snack
- Lunch
- mid afternoon snack
- Dinner

KEEP YOUR BODY ACTIVE BY DOING SOMETHING YOU ENJOY

- Exercise will only be sustained if you enjoy doing it
- Find something fun!
- Work out with a friend
- It doesn't have to be painful to be effective
- Vary your exercise

THEN... AFTER EXERCISING

Get a good night's sleep!

Sleeping 7 - 8 hours a night provides maximum benefits for your body

It keeps energy levels stable and maintains proper immune function



You only get one
body - so treat it
nicely!