

Maximize Your Output

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

Start Smart!

Start your day as you mean to go on. Eat a healthy breakfast (see separate handout).

You are what you eat.

An old cliché, but true nonetheless! Eat well and you will perform well; eat a terrible diet and your performance will reflect that.

Keep your blood sugar stable.

Let your blood sugar drop and you'll feel tired and irritable (don't skip meals or work through lunch). Eating sugary snacks will make you sluggish and unable to focus.

Avoid the feeling of being ‘stuffed’.

Eating smaller portions at regular intervals is so much better for your digestive system than one heavy meal a day.

Learn to negotiate the all-you-can-eat buffet.

Forget the concept of ‘getting your money’s worth’. Start with a large salad (no cheese or opaque dressings), have a bowl of colorful soup, don’t choose anything deep-fried, have fresh fruit for dessert.

A good night’s sleep does more than simply prepare you for the day ahead.

Getting 7 – 8 hours sleep a day not only means you’re well rested, but it also keeps your weight stable by ensuring that adequate levels of human growth hormone are synthesized. Moreover, sleep is essential for cell repair and immune system function.

Daily exercise boosts, not drains, energy levels.

Mild to moderate (or more strenuous) exercise, 5 – 6 days a week keeps you sharp and on task.