

Tips on healthy eating and living

Use the right “fuel” for your body to keep energized!



By Manuela Nemes

Here are a few ideas on how you can easily maintain a healthy diet.

To improve your water intake, make a habit to drink one glass as soon as you wake up, one glass before going to sleep, and one glass before every meal. Water hydrates your skin and hair and cleanses your body. To increase your intake

of good fats, add half a tea spoon of flax seed in your protein shake.

To manage portion control, use a salad plate instead of a regular plate to aim for a smaller size.

If you’re not the type of person who can eat a piece of cake only, or stop after a bite of chocolate, then don’t even start it; don’t buy it; out of sight, out of mind!

If you’re craving for mayo in your wrap or pita bread, replace it with non-fat plain

yogurt.

If you think you’re hungry, drink water first. Most people don’t drink enough water and sometimes when we eat we’re not always hungry, maybe just dehydrated or bored.

To increase your fruit intake, keep a basket of fresh fruit handy at work or at home and grab one as you pass by.

Have hardboiled eggs ready to eat in your fridge and write on them to avoid mixing them with the fresh ones.

If the bananas are too ripe, peel them, freeze them in a top wear and each time you make a milk shake, add half banana.

If you tend to sit for a long time at your desk, set your alarm for an hour, get up, walk around and stretch.

Tan makes your body look harder and more defined; tan in moderation.

Keep your family active and away from refined sugars.

Rules for eating out

Eating at restaurants is no excuse to fall off the fitness wagon; it takes a little knowledge and time to ask for foods exactly how you want them prepared.

Order grilled/ steamed/ everything on the side.

Order all dressings, sauces, gravy on the side; you don’t want a zillion calories poured over your food; you want to enjoy the taste of the natural food.

Order a salad or veggies first if you’re starving and avoid filling up on the high carb bread basket and butter.

Be picky, if you don’t love it, don’t eat it; choose your foods carefully and indulge wisely.

Order the kids portion or share a meal if the portion looks like a North American size, not a French portion! When it comes to dessert share it, or simply order coffee or fruits instead.



How to tighten the front of the upper arm. In and out bicep curls

Biceps are probably the most recognised muscles in the body.

Standing with feet hip width apart and knees slightly bent (safe lifting stance), place your hands along your body, palms

facing up. Curl your forearms, keeping your elbows tight into your body. On the next repetition, curl your forearms with your palms out in diagonal away from your body, keeping the elbows in the same position tight into your body. Alternate regular curls with the ones in diagonal. You can also perform this exercise seated on an



inclined bench. Exhale as you lift the weight.

Do three to four sets. Fifteen reps per set twice per week.

To get the benefits of personalised training which is motivating and cost-effective, I am starting a new series of Small Groups Workouts of maximum six people

on 10 October. This is a weight training programme that runs four days a week during a month, mornings and evenings. It combines training with free weights, machines, body weight and other equipment such as TRX Suspension Training or Stability Bal. The focus is to improve strength, endurance, balance and flexibility. I also include



cardiovascular intervals to maximize the intensity. When applicable, I modify it to match the specific needs of each participant. Therefore all levels are welcome. Meal plans and bi-weekly assessments are included, as well as full access to the gym during the programme. Morning sessions include a yoga/Pilates class on the last training day of each week.

For more information please contact Manuela Nemes at Bodysculptor Fitness Centre
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