



Wellness for Busy Professionals

By Caroline Webster, MSc Personalised Nutrition

What?

Eat 7-10 vegetables per day (ideally 5 veg & 2 fruits)

Eat wholefoods and reduce/remove processed foods from your diet

Look for hidden sugars in food and drink and limit how often you choose them.

Swap refined grains (bread, pasta) for wholegrains (oats, bulgar, quinoa)

Add in omega fatty acids from cold-water fish or plant sources

CHOOSE YOUR FUEL



Making sure your body is sufficiently fuelled will improve mental and physical health and will help you stay focused by preventing a mid-afternoon dip in energy.

Why?

Nutrient rich foods are essential for energy production, immune function and the growth and repair of cells

Make 'live' nutrient dense food a priority. Enabling you to feel fuller for longer, limiting snacking

Help maintain balanced blood sugar levels to avoid energy slump and unnecessary snacking

Research suggests Omega 3 has a positive impact on heart and brain function, including memory

Drink 1.6 litres (female) / 2 litres (male) of water a day

Help balance blood sugar levels

Prevent a drop in energy mid-afternoon

STAY HYDRATED



Reduce stress caused by dehydration

Limit snacking – are you thirsty or hungry?

Ease the impact of hangovers



Get 7-9 hours sleep

Not getting enough sleep has a profound impact on your immune system, cognition and memory



Stay Active

Exercise is a great way to clear your thoughts and boost stress busting endorphins, whilst increasing blood flow to the brain.



Manage your stress

Hormone levels can be elevated by stress e.g cortisol can impact on your wellbeing and performance. Take time daily to engaging a calming activity like meditation