



# 6 TIPS FOR A HEALTHY HOLIDAY

BY: FUTURELIFE® (Reviewed by Elizda Hanekom) / November 2017

Soon the school holidays will begin, excitement is running high, energy will be filling the house and nutrition can easily be left at school. Follow these six simple steps to make going back to school easier.

## 1. Do not skip breakfast:

Sleeping later than in school time will make it easy to skip breakfast. Breakfast boosts your metabolism and ensures that your body has the fuel needed to function effectively. Skipping breakfast can result in snacking on unhealthy foods and overindulging at meal times.

## 2. Drink plenty of water:

By increasing your water intake to 8 glasses per day will prevent you from feeling peckish, a good “space saver” in your stomach for your meal later. If drinking water is a challenge infuse it with fresh fruit, lemon, mint leaves, cucumber etc.

## 3. Plate your portion:

Even if it's only a snack, dish up your helping every time you eat. This will be good if you tend to eat with your eyes. Seeing what you are eating at one seating (even if it is front of the TV) will prevent you from over consuming on all the small things lying around.

## 4. Don't leave the house hungry:

If you're on your way to a friend, snack healthily beforehand. Arriving hungry somewhere often means over-dishing and over-eating. Limiting a ravenous appetite beforehand with a piece of fruit or some raw nuts means a more rational approach to the table. Do not go shopping when you are hungry! You will end up buying everything you see food wise.

## 5. Eat plenty of veggies and 2 fruit per day:

Vegetables are low in carbohydrates and fat. They are high in vitamins, minerals and fibre. Make sure at least half of your plate consist of vegetables when you dish up, this will keep your stomach fuller for longer and will prevent you from eating foods that is high in energy.



#### **6. Exercise for at least 30 minutes 5 times per week:**

This will keep you fit for the winter sports waiting to start when you get back from holiday. Exercise ensures that you use the energy that you get from the food that you eat. To maintain a healthy weight the amount of energy you take in must be equal to the energy you burn throughout the day.

#### **CONCLUSION**

By eating healthy and staying physically active you will ensure that the hard work that has been done throughout the year academically and on the sport fields are not time wasted. Enjoy the holidays!

#### **WHERE DOES FUTURELIFE® FIT IN?**

FUTURELIFE® has a range of products that are suitable for the whole family, their versatility and convenience make it ideal for breakfast, lunch or a snack. Most products are high in energy, protein, dietary fibre, omega-3, vitamins and minerals and are Low GI to sustain you during your holiday activities.