

# Mission Nutrition's 10-step plan to help you keep slim, fit and healthy in preparation for Walking Stars!

1. **Start your day the right way:** Look at having a smoothie, homemade bircher muesli or veggie omelette



Smoothie: Handful of frozen berries, handful of baby spinach, trim milk, 2tsp ground LSA and 2 tbsp low fat vanilla yoghurt. This is another great recipe >> (hyperlink to <http://www.claireturnbull.co.nz/claides-monkey-shake/>)

Homemade bircher: Either oats soaked overnight with apple juice or milk with unsweetened yoghurt and a piece of fruit OR soak a combo of different grains and seeds (I like rye flakes, amaranth, millet, buckwheat, sunflower seeds, sesame seeds, chia seeds, flaxseeds) in low fat milk. Have with yoghurt/fruit. Watch your portions too! For more great breakfast recipes click here >> (hyperlink to <http://www.claireturnbull.co.nz/nutty-apple-crumble/>)

Omelette: with as much veg you can fit in!!! Here is a great recipe >> (hyperlink to <http://www.claireturnbull.co.nz/claides-health-kick-omelette/>)

2. **Don't overdo your coffee's and tea's** – keep it to 1-2 cups/day and then have herbal teas after that!
3. **DOUBLE your veggie intake.** Take a container with chopped raw veggies to work to snack on, have one in your fridge at home too. Carrot, snow peas, mushrooms, tomato, capsicum, you can blanch broccoli, asparagus and cauliflower too. Make sure your lunch has 1-2 handfuls of veggies (a salad is ideal) and the same goes for your dinner too.
4. **Water** – look to be having 2-3 litres a day, enough to make your pee very pale. Aim to fill up a water bottle 3-4 times a day
5. **Alcohol free Monday - Thursday**, and then when you do drink, no more than 4 units in one go. Be the sober driver for the next 6 weeks and as often as possible after that. You can still have fun without booze – try and see. Take soda water or a diet drink as an alternative. Fruit juice has lots of KJ as do lots of non-alcoholic drinks, so avoid those.

6. **Do whatever it takes to make sure you are sleeping enough!** It REALLY affects your weight. Look to have about 7 hours a night.
7. **Do at least 30mins of activity EVERY DAY**, including at the weekends, put it in your diary RIGHT now, plan it in!! As you are getting ready for a half walking marathon, this should be no problem! Keep up the exercise after the event is over too.
8. **Create a healthy environment at home and at work.** Biscuits out of sight, treats to the back of the cupboard.
9. **Snack right** – aim for your snacks to be no more than 600kJ or 150kcal. Low fat yoghurt, fruit, veggies and hummus, small handful of nuts/seeds (1/4 cup max) are ideal. I love frozen bananas (peel them first) when I get in from a run or work and I am really hungry!
10. **Eat mindfully** – serve your dinner from the kitchen and ONLY put veggies or salad onto the table in case you end up picking. TV or radio off and focus on enjoying your food. After dinner, have a peppermint tea and then brush your teeth; no after dinner snacks needed – they are a habit!

Now you have the basics right, it is time to look a bit more closely at what you can do to get things right with your nutrition around you training!!

## **Get your eating right around your training – your questions answered!**

**Q: I exercise in the morning before work, do I need to eat something beforehand?**

**A:** If you normally exercise in the morning for under an hour and you do something like a walk, gym class or cycle at a low to moderate intensity\*, then your body will have enough stored fuel (called glycogen) for you to complete this workout. The key thing to remember is that glycogen stores are limited so if you want them to be available for your workout the next day, you need to refuel as soon as possible after you have finished training. This may be a quick snack, or for most people, breakfast. Ideally include carbohydrate and protein within 20-30 minutes of finishing exercise. Examples are toast with Marmite and cottage cheese; a bowl of cereal and low-fat milk; or a fruit smoothie.

If your exercise session is very intense and likely to be over an hour, it would be a good idea to have a small snack around 30-60 minutes before you go, to give you some additional fuel to power you through your morning exercise. A low-fat yoghurt, cereal bar, or one to two

pieces of toast, combined with a banana, are some examples.

*\*Low to moderate intensity means that you finish feeling like you have had a good workout but aren't completely shattered.*

**Q: I am so excited about getting involved in Walking Stars and am loving my walking! When I am out walking for an hour or more I have a bottle of sports drink when I get home. My weight doesn't seem to be going down, even though I really am walking lots more than I used to. What am I doing wrong?**

**A:** One of the key things to remember when it comes to weight-loss, is the goal is to burn off more kilojoules each day than you are eating, and create a kilojoule deficit. If you run for one hour, you might burn around 2500kJ, although it depends on your weight and how fast you run! A 750ml bottle of sports drink is over 900kJ, more than one third of what you have burnt off. If you are exercising for an hour, water is likely to be adequate afterwards. Remember to include your next meal or snack as soon as possible after your run to help refuel, but adding 'extra kilojoules' with your drink won't be helping!

**Q: If I exercise after work, do I need a snack before or after?**

**A:** When you exercise after work, you want to make sure you have enough fuel in your system so that you can charge through your workout bursting with energy and get the most out of it, rather than flagging halfway through. Your afternoon tea is a really important time for a small meal or snack, as this is a few hours before your workout and a snack will provide you with the fuel you need to train at your best. Ideally this should be a healthy, carbohydrate-rich snack with a little protein, such as grainy crackers with hummus and tomato, a small bowl of muesli with low-fat milk or low-fat yoghurt and a banana. Often people who have a low-carb salad based lunch and no afternoon tea struggle when it comes to exercise after work as they just don't have the fuel in the tank!

If you are exercising with the goal of increasing fitness and weight-loss, of course adding a snack in the afternoon may add additional kilojoules to your day, making it harder to lose weight. A better idea rather than having an extra snack, is to have a slightly smaller breakfast, lunch and dinner and use the kilojoules you have saved from this to add in the extra snack. After training, as with a morning workout, it is important to refuel as soon as you can, so try to have dinner within half an hour of finishing your training. If this is not possible, have a small snack rich in carbohydrate and protein after exercise (like a piece of fruit and a glass of low-fat milk, or rice crackers and small can of tuna). Then just have a slightly smaller dinner to account for this extra recovery snack.

## **TAKE ACTION:**

- For more help with your nutrition and to sort a personalised eating plan to help you get ready for this event and recovery quickly, visit [www.missionnutrition.co.nz](http://www.missionnutrition.co.nz). The team of qualified and experienced Dietitians and Nutritionists there will be able to sort a personalized eating plan for you and answer all the questions you have on nutrition.
- PLUS – grab yourself a copy of Claire’s fantastic ENERGY BOOSTING plan with 5 fabulous recipes, it’s totally FREE >> [www.claireturnbull.co.nz/ten-steps](http://www.claireturnbull.co.nz/ten-steps)
- Grab a copy of Claire Turnbull’s best selling book: Lose Weight for Life here >> (hyperlink to [www.claireturnbull.co.nz/author](http://www.claireturnbull.co.nz/author)). It is packed with practical advice if you are looking to get in shape as well as advice about eating and exercise.