



healthy balance  
mediclinic

*Our quick guide to being health savvy in daily life.*

## Eat your greens

Bond with vegetables! We mean the green leafies and the weird looking ones! Sorry to say it, but white potatoes don't count. The more colourful your shopping basket, the better as each veggie contains differing vital nutrients. Instead of thinking 'meat and two veg' for dinner, try to think 'veg and a bit of meat' plus carbs. Need more incentive? It's likely you'll benefit from an improved appearance.

## Fruit

If you are going to eat fruit, go for the most nutritionally packed of them all – berries, and eat in season. Over prepared fruit in syrup and missing its skin, is full of sugar and deprived of its natural fibre content. Bananas are great for sports players as they replace useful salts sweated out during exercise.

## Sugary treats

These need not be on your shopping list. If it isn't your family's birthday cake, leave it alone! Kids' bodies are fairly tolerant of being over-sugared compared with adults but that doesn't mean we should push the limits either with them or ourselves.

## Stay hydrated

By the time you are thirsty you are already dehydrated. Poor hydration actually leads to a significant loss of function, productivity and clear thinking.

## Keep moving

Exercise - do you love it? That's great, as it's phenomenal for your mental and physical wellbeing. Can't stand it? 'Cheat' by sneaking it into your routine without even noticing! Park the car further from your destination and get those steps in. Swap uncomfy shoes for trainers and then swap back to look more presentational. Aim for 10,000 steps a day. Can't get out? Even five minutes a day on a home exercise bike will make a difference.

## Be sociable

If you're feeling lonely or socially isolated, ditch social media and opt for real world interactions. The ultimate misery buster is voluntary work and is the gift that will keep on giving – to you! Still stressed? Talk it out with a friend or mental health professional.