



# Midnight Walk Training 2009



## Fact Sheet 3 – Healthy Eating to keep your energy levels high and your body healthy – especially important for training!

This week we will cover some basic nutrition and also apply this to how to eat to ensure you have maximal energy for your training walks also. I am not a nutritionist so should you have any specific dietary requirements please speak to a qualified dietician or nutritionalist. The following is just some healthy eating advice to keep you healthy and keep your energy levels up for training! By eating a healthy, balanced diet you will find that you feel better and have higher energy levels as well as maintaining a healthy weight.

### **1. Breakfast is the most important meal of the day.**

I'm sure you've heard this many times before but it really is! As you have been asleep overnight it is probably at least 9 hours since you last ate, so it really is breaking the fast! Eating breakfast kick starts your metabolism and gets you going for the day. Studies also show that those who eat breakfast are less likely to snack on calorific foods later on in the day, spreading calorie consumption more evenly throughout the day.

**Tip: If you can't face eating first thing start by eating something very small, such as half a piece of toast or a very small portion of cereal or fruit. Once you start eating you will get used to it!**

### **2. Aim to eat every 3-4 hours – little and often.**

This will maintain your blood sugar levels. We crave 'bad' foods when our blood sugar levels drop and we tend to go for the high calorific, low nutritional value foods. When our blood sugar level drops we also get various symptoms including faintness, shakiness and irritability amongst others. Ideally eat breakfast, followed by a healthy snack mid morning. Then lunch followed by a healthy mid afternoon snack and then a smaller dinner.

**Therefore if you are training at 6pm, having a healthy mid afternoon snack at 4-4.30pm should keep you going until 7.30-8pm!**

Alternatively you could have dinner at the latest 5pm for a 6pm training session and then your healthy snack later after your walk.

### **3. Be Prepared!**

Again it sounds simple but if you prepare your food for the next day (especially if you work) the evening before, you will find you eat better throughout the day. Take your snacks with you, so when its time to eat you have a healthy snack prepared rather than going to the vending machine or reaching for the biscuits!

#### **Health Snacks Suggestions:**

- 1 portion of fruit
- Small packet of raisins
- Celery/carrot sticks and humus
- Yoghurt
- Handful of nuts/nuts
- Rivita/crispbreads + low fat spread (1-2)
- Couple of oatcakes
- 1 plain digestive (not the whole packet!)

#### **4. Drink Plenty of Water!**

Again I'm sure you've heard it before, but it is so important! 1.5 litres is a guideline (although it will vary depending on your weight/height, activity levels and the weather). Try filling up a 1.5 litre bottle and make sure you get through it throughout the day. Ensure when you go for training walks you take a bottle of water with you to keep you well hydrated, especially in the coming summer days/evenings, and drink throughout.

#### **5. Eat naturally.**

Processed foods are high in fat, salt and sugars which not only lead to excess calorie consumption but also high cholesterol and have other health related implications especially Coronary Artery Disease (CAD). The food you eat should ideally be freshly prepared from fresh produce and keep processed foods (cakes, biscuits, ready meals, processed meats) to a minimum.

#### **6. Everything in moderation!!**

At the end of the day, food is there to be enjoyed and no food should be off limits. If you eat well 80% of the time then allow can allow yourself the odd treat for 20% of the time!

#### **Remember.....**

.....throughout May and up until June 19<sup>th</sup> get £1 discount off 'dry' fitness classes at Woking Leisure Centre when wearing your Midnight Walk T-Shirt! Collect your fitness class timetable from the leisure centre or pool in the park foyer!

#### **Next Week.....**

Leg strengthening exercises – these will help strengthen your legs for the walk, tone-up without bulking up, and help prevent injuries!