

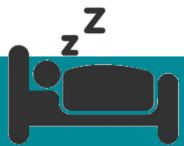
Implementation of a lifestyle change implies that a routine is followed and habits are formed. A healthy lifestyle includes habitual consumption of nutritious foods, regular physical activity, and consistent sleep.



Diet

Having good nutrition is important as it forms part of the network for a healthy active lifestyle. Nutrients are essential for energy and adequate recovery following injury or illness.

The recommended calorie intake for men is 2,500 and for women 2,000. The simple fact is if we consume more calories than we burn we will have weight gain and visa versa. So unless you are highly active and require more calories we should not be exceeding these values.



Sleep

Sleep is the most important factor when considering recovery. During the deep stages of sleep, the body repairs and regrows tissues, builds bone and muscle, and strengthens the immune system.

On average adults need 7-9 hours sleep per night. This will improve our bodies ability to recover, manage hormone levels, and process thoughts, as well as reducing our sensitivity to pain and stress.



Physical Activity

The World health Organisation recommends 150 minutes of moderate intensity cardiovascular (e.g. activity that raises your heart rate) and 2 resistance training sessions each week (e.g. lifting weights) a week or 75 mins of vigorous cardiovascular exercise plus 2 resistance training sessions each week.

Don't worry if this seems unachievable currently; start with what you can comfortably manage and set goals to help you achieve this target eventually.



Smoking and Alcohol



It is no surprise that cigarette smoking is the largest cause of preventable deaths in the world, in fact cigarette smoking has now been found to be positively associated with nearly 40 diseases (including cancer) or causes of death.

Excessive alcohol use can lead to the development of chronic diseases and other serious problems including high blood pressure, heart disease, stroke, liver disease, and digestive problems.

Remember...

Healthy habits take time to adopt while unhealthy ones take time to knock so be patient, be kind to yourself. will be key,