



How to use the Whole Health Plan

Exercise:

Make sure you do some kind of exercise every day. Even if you train, also include walking, moving and being active in your day, especially if you have a sedentary job. 2-3 times a week exercise before breakfast by doing a few strength exercises, short run or brisk walk.

Portion Size:

One of the most important ways to manage your eating is to control portion size. Use the guides specified on the plan. Check how many servings are in the recipes suggested, and eat just ONE serving at a mealtime unless specified.

Drinks:

Drink water as a preference-at least 1 litre or 6-8 cups per day plus extra during exercise-400ml per hour. Fluid can also come from tea and coffee, but try to also drink plain water, and DEFINITELY no sugar in tea/coffee. Try green tea-it might be an acquired taste, but it is great for you. Please no empty calories from fizzy sugary drinks. They add nothing to your health, and are bad for your teeth.

Mealtimes

Try to stick to regular mealtimes as much as you can. Breakfast doesn't need to be immediately you get up, it's ok to make your body wait a while. Try to space meals 4-5 hours apart, and not to eat your evening meal too close to your bedtime. 2-3 hours before bed is best.

Breakfast

Feel free to have a breakfast smoothie any day in place of what's on your plan. You can add a few oats if you need extra fuel that day.

Treats/snacks

I believe it is better to eat 3 times a day and limit snacks as much as you can, at least so you don't get into the habit of 'grazing' or 'secret eating'. You should enjoy all the food on your plan, and not feel the need for 'treats' that are high fat or sugar in between meals. Some snacks are included on the plan, please make sure you do eat these if they have been added to fuel an exercise session.

Chocolate

Chocolate should only ever be dark. The darker the better. 70% cocoa or higher is best ☺

Alcohol

Alcohol is full of energy, but is not nutritious. Beer can rehydrate in moderation, and red wine has some health benefits. Overindulging not only adds more empty calories to your diet, it also encourages poor food choices. Use in moderation!

Enjoy your food, enjoy your life!