

## How to Start Your Exercise Programme

Some of you will have high hopes of making this the year to get your health on track. But, be careful how you start your health quest.

Starting an exercise programme adds more stress to the body. If your body has been under stress from a poor diet, poor sleep, and high workloads, adding extra exercise stress may not be the best way to get started.

If you optimise your diet and your sleep your energy levels will greatly improve and the stress on your body will reduce. This will give you a better chance at starting and succeeding in an exercise programme without burning out or getting injured.

### 3 steps to improve your diet to start your exercise programme:

1. Eat 3 regular meals
2. Drink plenty of water. As a general rule drink in litres: 3% of your bodyweight (kg)
3. Eat food – read the packets. Reduce foods with labels that have lots of numbers as ingredients. Fresh green vegetables and good quality meats are ideal

