A HEALTHY LIFESTYLE

Statistics have revealed that more and more South African’s are either overweight or obese. Many have the likelihood of developing diseases such as diabetes, high blood pressure and high cholesterol. All of this is caused by insufficient exercise and bad eating habits.

It is important for children to follow a diet such as the following:

* fruit and vegetables
* dairy
* grain food groups (bread and cereals)
* protein
* oils and fats

It is very important for children to receive the correct amount of different food groups as this will allow children to grow, not just physically but mentally as well. At a young age children need to be made aware of the different food groups and their functions within the human body.

School children eat mainly bread with little or no fruit as a supplement. For many, chips and sugary items from the school tuck shop is almost a daily habit. Many of the people are happy with their white bread consisting of margarine, mayonnaise and cheese. Added to this, a quick can of coke to wash it all down.

There is a connection between quality and quantity of food.

* When we think of our food intake we must consider the calories we are consuming with everything we eat. It is the calories that can cause you to over indulge in one food group e.g. oils and fats, and neglect the others.
* Every meal you have should consist of a vegetable or fruit as these have a high concentration of “good sugars”.

There are ways in which one must eat before and after exercising:

* Before training one must have a large protein meal as this will allow your body to function correctly. Proteins are stored longer in your body than carbohydrates. It is essential that you wait a while before you exercise.
* If whilst exercising you feel hungry, you should snack on a fruit or drink a sports drink.
* After you have exercised you must have a small meal containing some protein, complex carbohydrates and some healthy fats within 2 hours of exercising.
* Never forget about staying hydrated with water throughout this process.