

Food & Fit

Start the year softly

Edition 01

January 2020 - English





The new year has started, and the right resolutions have been made, but it is not always easy to stick to it, especially when you decided to go back to training or lose weight.

Paradoxically, the winter period is undoubtedly the most difficult to take these resolutions. The lack of sun and therefore of energy, the fatigue of excess ... but it is not impossible.

Some tips and motivation will help you stick to it while not dieting. Eating must remain a pleasure above all and give you the ENERGY necessary.

Plan a more or less long-term, realistic goal that challenges you and pushes you to surpass yourself.

Start easy and reset your metabolism, build your base by performing aerobic training, below 80% of MHR for at least 6 weeks.



A race, an event, whatever, but keep the focus on this objective, which will be your motivation, and you will get there !

START THE YEAR SOFTLY

EASY GUIDE

Here are our top tips to start the year off right, while respecting natural and seasonal products.



DRINK WATER

Start your day with a large glass of water.

Our bodies need it and even a lot to digest it. Don't skimp on quantity.

Calculate your needs based on 40ml / kg/day, to this, you add 40% to make up for the loss of water through sweat and breath during your workouts. Choose plain water.

You can also take herbal teas if you want to change tastes and vary the pleasures of taste.

We advise you to use a water bottle. In addition to being ecological, you will also control the amount taken during the day.

It will also be the source of magnesium and calcium, which will limit the risk of cramp and fatigue.

EAT LOCAL & SEASONAL

The body needs calories to cope with this winter weather, these calories will be taken in the form of 3 meals a day and 1 to 2 snacks if the interval between two is more than 4h.

Which products to choose and how to compose these meals?

Local and seasonal and organic products, if possible!

Why use seasonal products?

Let's not forget that nature is well done. The products she gives us this season will be invaluable for our food and suitable for this season.

They will be fresh and have their maximum nutrient content, that's what we're looking for! Their cost is also appealing. Eating well doesn't cost more ...



START EXERCISING

Whether your goal is weight loss or simply improving your physical condition, we recommend sports training regularly.

The training aims to improve sports techniques but also to maintain or increase sports performance, weight loss is a positive consequence of training.

We advise you to start this year by practicing indoor sports, such as indoor fitness. For more efficiency, you should practice between 3 and 5 sessions per week lasting 1 to 2 hours per training.

The food must be adapted to the practice of physical exercise, the needs can vary strongly according to the sports practice.

Use an activity monitor during your training (heart rate), this tool allows you to calculate caloric losses as well as training intensity data, this also serves to validate your progress and to motivate you.

CARBOHYDRATES

You probably know that sugar is the fuel of our body. Our diet must be 50% carbohydrates with only a 10% maximum of simple sugar that we take in fruits.

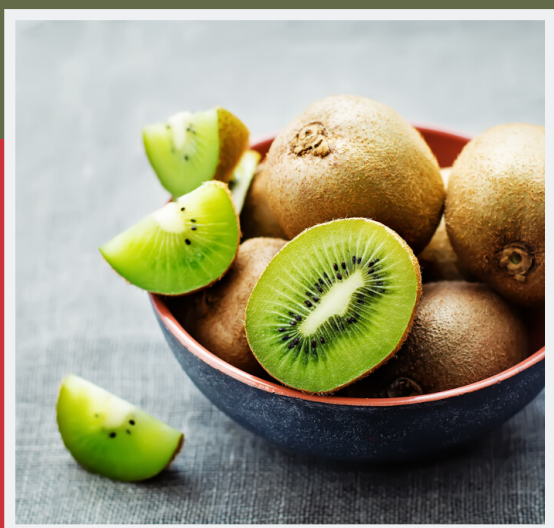
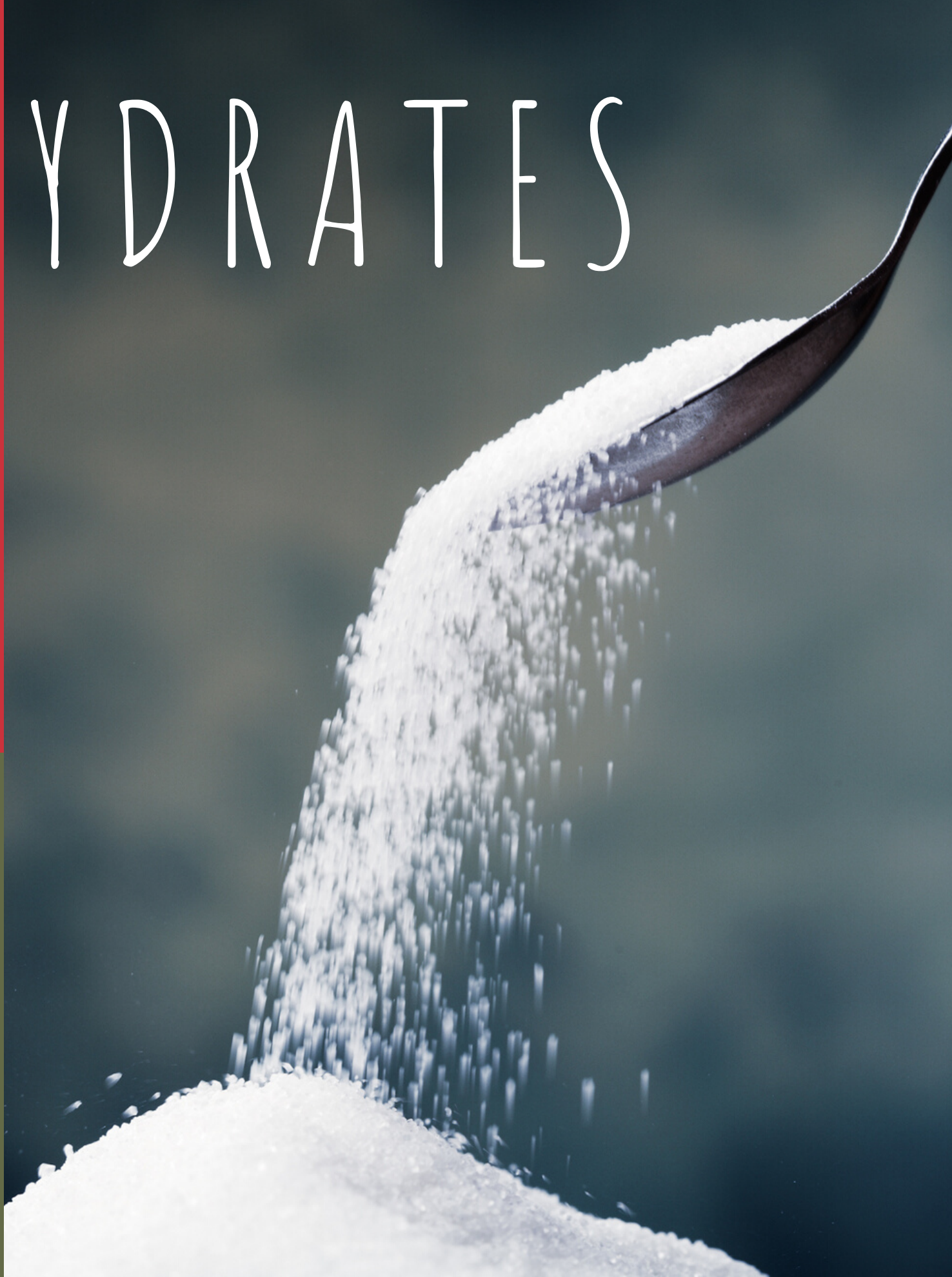
If not used, it will be processed and stored ... as fat. It is, therefore, essential to spread your sugar consumption over the day by avoiding taking simple sugars in the morning to avoid the glycemic peak and, therefore, causing fatigue.

Limit the intake of simple sugar by fruits, consuming a maximum of two portions of fresh fruit per day and, at the same time, intake of vitamins C, with citrus fruits, apple, and pear.

One serving is what you could hold in your hand.

We, therefore, have a sizeable glycemic contribution that provides complex sugars like:

Rice, pasta, cereals, bread, all complete!



Apples
Pears (fibre)
Kiwi
Khaki



Cabbage, Squash
Parsnip, Leeks, beets
Celery, Spinach
Black radish, Mash
Turnip



Dairy Products
Sea fruit
Mineral water



Fresh vegetables
legumes
Whole grains

SHOPPING LIST

Your nutrients for this month of January.
What to add to your shopping list



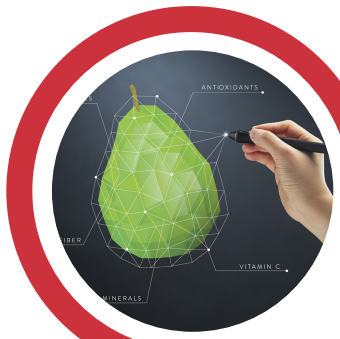
FOOD

FRUIT

Citrus
Orange
Clementine
Lemon
Apple
Pear
Kiwi
Khaki

VEGETABLES

Cabbage
squashes
Parsnip
leeks
beets
Celery
Spinach
Black radish
Chewed up
Turnip



NUTRIENTS

CALCIUM

Dairy products
Leafy vegetables
Legumes
Molluscs and crustaceans
Mineral water

MAGNESIUM

Sea food
legumes
Whole grains
Vegetables
Mineral water

POTASSIUM

Fresh vegetables
Whole grains
Meat
Fish
Bananas

IRON

Egg yolk
Red meat
Green vegetables



VITAMINES

VITAMINE D

Eggs
Cheese
Sardines

VITAMINE E

Cabbage
Salad

VITAMINE C

Cabbage
Lemon
Apple
Pear

VITAMINE B6

Mushroom
Crusty cheese
Cereals