

# NIGHTRIDER

## LIFESTYLE PLAN

This lifestyle plan is a general guideline to help you make small manageable changes to your nutrition and daily activities. Implementing these changes will help accelerate your bodies healing process and decrease inflammation.

### BREAKFAST

In the morning we recommend prior to eating that you consume 1 glass of water on an empty stomach.

Throughout the day you should be aiming for 2-3 litres & this is the perfect start to achieve that goal.

For breakfast we recommend the following options:

- Natural porridge with fruits, honey, nuts.
- Fruit smoothies
- Low sugar cereals mixed with fruit
- Omelette combined with a portion of vegetables
- Brown bread toast with either low sugar jam or peanut butter
- If you have tea or coffee with breakfast reduce the amount of sugar you have with them.



### LUNCH

Why don't you prepare food on the weekend for your lunches at work? This way you can control what goes into your lunch & also reduce cost.

For lunch we recommend the following options:

- Salads combined with meats such as turkey or chicken. If you want to use dressing use low fat options. Salad dressings are normally the most unhealthy part of this meal!
- Fish such as salmon, mackerel & sardines with wholemeal or brown rice
- Wholemeal or brown wraps combined with vegetables or meat of your choosing
- For vegan options replace the animal protein with vegan protein sources, such as tofu.

### DINNER

Evening meals can sometimes be difficult especially if you have had a long day at work. Prepare these ahead of schedule or keep it simple.

For dinner we recommend the following options:

- Brown rice/pasta combined with your meat of your choice & steamed or raw vegetables
- Oven cooked Salmon
- Stuffed mushrooms with cheese & vegetables
- Sweet potato chips/wedges
- Vegetable stir fry

### SNACKS

Throughout the day it is important to snack on foods which are good for you. Don't be tempted to have chocolate/crisps/sugary treats! Often its peoples snacking habits which let them down.

For snacks we recommend the following options:

- Nuts
- Dried fruit
- Low fat yoghurt & honey
- Peanut butter on crackers
- Bananas
- Pre-made smoothie



### REST DAYS

- Whilst it is important that you stay active, it is equally important that you allow your body to recover & heal.
- Ideally you should have at least 2 days rest per week to allow sufficient time for your body to recover.
- Overtraining can lead to injury and decreased performance. You will be doing your body more harm by continuing to train everyday with no rest.

### WATER!

Drink water on a regular basis. It is a vital component of health and helps to flush out toxins that accumulate during the healing process. You should be aiming for 2-3L daily (coffee or tea doesn't count!).

If you want to add flavour to the water, try adding ginger, cucumber, lemon, lime or other fruits.

### SLEEP!

Sleep is an extremely important component in your bodies healing process and general well being. You need to be getting between 7-9 hours per night to allow your body enough time to complete all of its tasks. See below some tips to improve your sleep.

- Do not use any phones, laptops or tablets an hour before your allocated bed time.
- Make your room as dark as possible, it is proven that we sleep better in darker environments.
- Sleep in a cool environment; your body naturally drops its core temperature during sleep.
- Have a set sleeping schedule. Going to bed and waking up at set times helps improve the overall quality of your sleep.
- Go to bed earlier & wake up earlier. This fits in with our normal hormonal response and is closer to our natural sleeping pattern.

