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| **The Healthy Chick Checklist** | | | | |
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| Complete this checklist to discover whether your daily habits are as healthy as they should be! | | | | |
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|  | Intermittent-ish Fasting Fasting has been long considered a great way to lose weight, lower cholesterol and improve general, however, the popular 16:8 routine is fairly hard to stick to a normal (and usually busy) daily schedule. If this is too hard to adjust to, try to simply eat your food before 6pm. Your body doesn’t have time to utilise the energy that’s being consumed prior to bed (especially if you’re sitting on the lounge watching TV!) Simply stop eating anything after 6pm and we’re positive your body will thank you for it. |  |  | Morning Detox Drinking lemon water is a seasoned beauty tip adopted by celebs and beauticians alike. If you can’t stomach drinking a full glass of warm water and lemon on an empty stomach though, simply make it into a hot tea (with a little manuka honey or natural sweetener if required). Drinking this when you wake up will kick-start your metabolism and help to flush away any left-over toxins.  It will also kill some time to allow your body to wake itself up naturally without a massive caffein hit which can often leave you feeling even more tired and lethargic. |
|  | Drink water Do you drink at least 8 glasses (2L) per day? Water is essential for good health and on hot days, the amount should be increased to 3L. If you struggle to drink water, try to drink herbal cold infusion tea or experiment with flavoured infusions yourself! My favourites are lemon, cucumber and mint. |  |  | Put a hold on the coffee Not everyone can go without coffee, and why would they want to?! If you’re a coffee lover, try to wait at least 30 minutes after you wake up before consuming your first cup. By consuming coffee too early, it can alter your body’s natural circadian rhythms and asleep/wake cycle where your body can prepare itself for the awake time. Drinking coffee too soon of a morning can actually make you feel even more tired! Try to drink Lemon Detox Tea instead and waiting 30 minutes. |
|  | Exercise – good or bad? Everyone knows that exercise is good for our body, but did you know that sometimes it can hinder us too? Exercise has been shown to increase cortisol (a steroid hormone our bodies produce) and this hormone can actually have negative effects on our body. For example, an increase in cortisol can make acne worse! Typically referred to as the ‘stress hormone’, if the levels are unbalanced within our body, it can start to have some really bad ramifications. Try to switch to lower intensity workouts like yoga and pilates if you suffer from acne, anxiety, stress or depression. |  |  | Sleep regime Some people don’t know this but, not everybody needs 8 hours of sleep per night! Everyone’s bodies are different so if you suffer from insomnia or tend to wake up earlier than expected, it might be due to oversleep! Try staying up later and don’t lay in bed if you can’t sleep, do something productive and then try again! Don’t be afraid if your body only needs as little as 5-6 hours per night, it’s normal! |
|  | Peanut Butter Ban Although peanuts are typically a good source of healthy fat, consuming too many may put you behind on your weight loss journey. Did you know that 100g of peanuts equates to approximately 570 calories! If you’re trying to lose weight, this would be more than 1/3 of your daily caloric intake! Peanuts have also been shown to make some common health conditions worse; eg, acne. Try switching to walnuts, almonds or cashews instead. |  |  | Combination Chow Mein – Food Combining ‘Food Combining’ is a term given to meals that are typically consumed by separating the three main food groups; protein, fats and carbohydrates. The basic theory is that these groups of macronutrients require different digestive enzymes and environments for optimal digestion. Our gut health affects our entire body and research has shown that gut microbiome can affect brain processing so it would make sense that we need to nurture our tummies as much as we can. In this era, most cultures are used to eating meals that contain two, if not all three of these food groups from curry and rice to steak and chips. By sticking to the rule of only combining protein and low starch veggies or carbohydrates and veggies, our digestive system might work a lot better and in turn, improve brain processing. |
|  | Pro-biotics and Pre-biotics A lot of people get confused about probiotics and prebiotics. As easy way to remember it is that prebiotics are essentially the food for the probiotics.  Probiotics are live bacteria |  |  | Find a wide range of healthy recipes and foods to try. Sticking with the same few foods can get boring and may drive you to make unhealthy choices. |

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| DON’T’s | | | | |
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|  | Starve yourself You need to eat to lose weight. When you don’t, your metabolism slows down and your body starts to preserve energy in the form of sugars, fats, and glucose—the very things you’re trying to burn. |  |  | Eat when you’re not hungry Check in with yourself before you reach for a snack. Are you really hungry, or are you just bored, tired, frustrated, or anxious? Start to understand emotional eating. |
|  | Deprive yourself Deprivation leads to craving-induced binge eating, which can damage your metabolism. Remember the rule of moderation. |  |  | Skip breakfast Eating breakfast fills you up and gets your metabolism going, so you won’t be hungry later in the day. It is the most important meal of the day. |
|  | Expect a quick fix Losing weight and keeping it off requires a lifestyle change. That takes time and commitment. Ease into a plan and allow yourself some “free” meals or snacks of your choice to keep you motivated. |  |  | Focus only on calories Cutting calories is important to weight loss, but so is eating healthy. Make sure you eat enough complex carbohydrates and protein to generate energy and build muscle. |
|  | Drink too much alcohol Alcoholic drinks are high in calories, reduce nutrient absorption, and can slow down metabolism. Limit your daily and weekly intake. |  |  | Give in to temptation Get rid of sweets, chips, ice cream, and anything else in your fridge and cupboard so you don’t eat it just because it’s there. |
|  | Eat sugar, refined carbohydrates, and processed food These calorie-dense foods have little nutritional value and may end up making you feel hungrier. Choose fruits, veggies, and whole grains instead. |  |  | Compare yourself with others Losing weight with a friend or group can be hugely supportive, as long as you don’t make it a competition. Judge your progress over time, not compared to another. |