

Build yourself a healthier life



Is it normal for you to wake up feeling tired and needing coffee or energy drinks to get you through the day? By understanding the way your body works, you can support it to work at its best and ditch those habits that aren't helping!

Here are some ideas to help you get your energy back and feel amazing:



1. Get outside while it's daylight

Your body and many of its hormonal systems are regulated by natural daylight. Try to expose your eyes to light (without sunnies on) for at least 30 minutes a day and ideally more. Exposing your eyes to natural light suppresses melatonin which is the hormone that makes you feel tired. It can also boost your mood by having an impact on serotonin, your 'feel good' hormone. Getting enough exposure to light in the day, can also help you get to sleep at night.

If you are a night shift worker, get outside after you've woken up from your long daytime sleep. When driving home from night shift, protect your eyes from the light by wearing sunglasses.



2. Protect your eyes from bright light before bedtime

Allow your sleepy hormones to increase so that you start to feel drowsy and are more easily able to fall asleep by avoiding screens (tablets, televisions, phones, bright lights) for at least an hour before bedtime.



3. A 10-12 hour 'fast' from eating is a good thing!

Usually done while we're sleeping, this kind of fast helps us feel fresher when we wake up, with more energy to spare, and more efficient digestion of our food throughout the day.



4. Overeating is a sure-fire way to feel low in energy, make us feel sleepy and have difficulty focusing

Consider eating until you're 80% full, and take a 10-minute pause before you decide to finish your plate or go back for seconds.



5. Aim to include one extra vegetable at each meal time; how many colours can you put on your plate?

Do you meet the 5 handfuls-a-day of vegetables we're recommended to have? If you do, you are guaranteed to feel more energised and healthier, and may even lose some unwanted weight.



6. Consider reducing the overall amount of caffeine you consume

Caffeine has a very long half-life - meaning that it takes a long time to break down. If you have a tea, coffee, or an energy drink at say 3pm, 12 hours later (at 3am) you will still have approximately one quarter of the caffeine in your system. This will affect your body's ability to get good quality, deep, and restful sleep.



7. Try not to use alcohol to wind down

The by-product of alcohol-breakdown in the body will cause more broken and restless sleep, therefore increasing the chance that you will feel low in energy. Not to mention, the increased cravings for sweet treats we feel when we haven't slept well!



8. Choose water as your first drink of choice

Even other beverages we consider 'healthy' have more sugar in them than we probably need! Water is our number one source of hydration, which is critical for staying focused.

Recommended maximum levels of caffeine

Under 18 years old No more than 3mg of caffeine per kg in a single serving



E.g. for a 40kg child, 3mg x 40kg = 120mg

Over 18 years old MAXIMUM 400mg caffeine per day (from all sources)



MAXIMUM 200mg in a single serving

Pregnant & breastfeeding



MAXIMUM 200mg per day (from all sources)

How much caffeine in a single serving?



If you want to cut back on how much tea and coffee you are having, try these alternatives:



herbal tea (caffeine free)



flavoured water with fruit/vege



sparkling water




How much sugar is in your drink?



16tsp

500ml Energy drink



13tsp

600ml Soft drink



12.5tsp

600ml Chocolate milk



11tsp

500ml Frozen drink



10tsp

375ml Ginger beer



10tsp

750ml Sports drink



9tsp

400ml Fruit Juice



5.5tsp

250ml Tonic water



5tsp

500ml Iced tea

Create a healthier life with Claire Turnbull's *wellbeing planner*



Create positive changes that last.

If you want to make it easier to live a healthier life, boost your mood and create new healthy habits to help you keep on track, Claire's planner is what you need!

The planner has been specifically designed without dates so you can start using it whenever you like! It is the perfect size to fit in your bag and with its beautiful cover, it is both stylish and durable.



- ✓ Daily and weekly planners
- ✓ Weekly challenges focused around nutrition, exercise, sleep and mental wellbeing
- ✓ Goal setting and tracking
- ✓ Space for your TO DO list and notes pages
- ✓ Healthy habit reminders
- ✓ Healthy recipes
- ✓ Inspirational quotes
- ✓ Mindfulness exercises
- ✓ Gratitude reminders
- ✓ Undated so can be started at any time



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Wake up feeling tired and not refreshed?**

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Dietitians & Nutritionists



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- Personalised, realistic nutrition advice to suit your lifestyle
- Evidence-based
- Holistic: how you sleep, move and think all impact your wellbeing
- Behaviour-change focus, rather than templated generic meal plans
- Empowering you to make changes that can last

If you have health insurance, check your policy as you might be able to claim back the cost too!

For more information visit www.missionnutrition.co.nz