



## Healthy Bodies in Motion

### 1. Stock a healthy kitchen

Always keep your kitchen stocked with these healthy essentials.

Oats (rolled and steel cut)  
Whole grain cereal  
Brown/wild rice  
Whole grain pasta—whole wheat, brown rice, kamut, spelt, rye  
Quinoa  
Whole grain flour (spelt, kamut)  
Beans-dry/canned  
Hemp seeds  
Natural nut butters  
Agave, honey  
Vinegar- balsamic, red/white wine  
Olive oil  
Flax seeds

Frozen berries  
Lemons, limes  
Fresh in season fruit and veggies  
Leafy greens

Eggs  
Plain yogurt  
Milk (if tolerable) or unsweetened soy, rice, almond, hemp  
Lean meats and fish

### 2. Eat small frequent meals

Eating small frequent meals throughout the day regulates blood sugar levels, and promotes good digestion. (Ensures you are not bloated and heavy before and during a dance class/ performance).

- Eat breakfast! (before 10am)
- 5-6 balanced meals/ snacks a day
- Eat every 3-4 hours
- Include protein at each meal
- Always travel with food

### 3. Eat for energy

Eat foods that give you energy, not rob you of it. Choose nutrient dense foods- get the most from the least

- Eat plenty of fruits and vegetables (50% of your diet, include raw)-choose colour
- Include complex carbohydrates (whole grains) and lean protein

-B vitamins (dark leafy greens, whole grains, beans, brewer's yeast, eggs)

Avoid eating late

-Limit excess carbohydrate intake

-Avoid sugar, caffeine and alcohol

#### **4. Travel healthy**

When traveling always plan ahead.

-Pack healthy snacks ahead of time - fruit and nut bars, raw nuts and seeds, smoothie mix

-Purchase fresh fruit and vegetables when you arrive

-Choose the healthiest restaurant, vendor in the airport/ food court (etc.)

-Make the best choice in the place you are at

-Invest in a good water bottle

#### **5. Supplement your diet**

Choose quality supplements that support a healthy active body.

-Take a good quality multi vitamin

-Antioxidants

-Omega-3 fatty acids (cold water fish-salmon, sardines, anchovies)

-Use a green drink for a boost

#### **6. Make sure you poop**

Ensure you are going 1-3 times a day.

- eat enough fibre (30-35 grams)

- include soluble and insoluble

- go when you need to go

#### **7. Get enough sleep**

Aim for 8 hours a night. Calculate debt and nap whenever possible.

- make it a goal to be in bed by 10pm

- sit in stillness before going to bed

- use affirmations, list or journaling before bed

- use herbs that enhance sleep such as valerian root, and licorice root

