

HEALTHY MORNING TIPS



Do you want to start your day the right way? Well then consider these tips.

Balanced breakfast ideas:

- Wholegrain carbs e.g. porridge oats.
- Protein e.g. milk, yoghurt or eggs.
- Colour e.g. berries to oats or spinach to eggs.
- Healthy fats e.g. nuts to oats or avocado to toast.

Plan a workout and pack your bag the night before:

My gym bag essentials include:

- A bottle for water-BPA free.
- Healthy snacks.
- My training diary.

Digital Detox:

- Don't look at your phone as soon as you wake.
- Spend 20 minutes waking up and being in the present.
- Use an alarm clock in your room and try to keep it screen free.