



FEED MY BODY

We all know it, we just fail to do it: eat more good stuff, eat less bad stuff and move more. It is how we are designed. We need to work with the design and not against it, and then we will see the results we desire.

It's so simple, it's embarrassing.

SLEEP HYGIENE

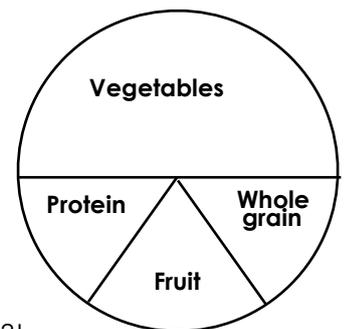
Aside from the fact that we all know we need 8 -10 hours per night, there are many tips that can help with sleep patterns. For example, did you know that walking in the sunlight as one of the first actions of your day, at around 7.30am, triggers your brain into a cycle that will also trigger a sleepiness at the right time at night. Clever! Healthy sleep needs a repeated cycle and is necessary for the brain to rest and renew itself, ready for a new day of learning. An unrested brain cannot use all its functions properly and cannot easily take in new information.

To put it simply, a tired child does not learn well. We have loads of strategies for good sleep hygiene (and for getting wakeful kids to stay in bed)!

BALANCED DIET

Basically, a balanced diet is one that is heavy on the veggies and light on everything else, including fruit (see diagram). A helpful tip is that if you adjust the proportions slowly, you are more likely to stick with the change. We have a big enemy in carbohydrates (bread, pasta and rice) in that they can cause more problems than we realise. In some cases they're worse than fat! A huge friend in the nutritional balance battle is home made **vegetable juice**. A juicer that keeps the fibre in (like the nutri-bullet style ones) is perfect! The micronutrients and soluble fibre gained from a fresh veggie juice is much more than you would consume in a meal.

By the way, a little bit of cheating is actually helpful to a balanced diet. Our bodies are designed to handle a little treat now and then. That's good news, don't you think?!



REGULAR EXERCISE

We know exercise is important for general health. Besides building muscle strength, it increases the health of all our organs and the brain is the most important organ of all. Exercise assists in encouraging new neurons to grow and the brain training with Flourish Tutoring is all about growing neurons!

We are **designed** to function in a physically active way. Our brain will be notably improved even with a small amount of physical activity. We recommend 10 - 20 minutes of aerobic exercise in the morning and 10 - 20 minutes of strengthening exercise in the afternoon, three times a week.