

## **Diet and Exercise**

### **Get healthy and be what you want to be**

### **Worksheet For Tutor**

Eating and exercising enables you to focus and achieve your goals.

Feeling tired, having no energy nor motivation means that your goals will be harder to achieve. You can give yourself the best chance you can by taking care of yourself with the right foods and exercise.

1. If you are eating unhealthy food, how does it affect your body?

#### Exercise – Nutrition

Feel good chemicals, happy positive Confidence and self-esteem

The body is the base from where you can achieve the best of you. The saying “you are what you eat” Feeding the mind, exercise and a balanced diet gets the best from you, enabling sharper performance and mind function enabling you to reach your full potential.

- Is being a vegetarian healthier than eating meat?

Balance is the key to any diet, as a guide a fist sized amount of protein (meat/ chicken/fish vegan and vegetarian alternative). A fist of carbohydrate (Rice, pasta or potatoes) and half or 1/3 greens/ vegetables or salad.

2. How often should we be exercising?

Everyone should try to exercise/ complete an activity based on their physical abilities at least 3 times a week especially those with a stationary job where you are positioned at a desk all day. This activities don't have to be in a gym, walking, going for a run, look for clubs that may be of interest to you. The important thing is to keep moving.

3. What diet should be taken in depression?

Try to eat something with protein several times a day, especially when you need to clear your mind and boost your energy. Good sources of healthy proteins include beans and peas, lean beef, low-fat cheese, fish, milk, poultry, soy products, and yogurt. The right food choices may help lift your mood.