

## **‘NUTRITIONAL TIPS’**

### **ADEQUATE REST**

Along with good nutrition and regular physical activity, ‘Adequate Rest’ is a big part of any formula for fitness and health.

When you get a good night’s sleep, you feel better and are maximizing brain function and energy levels. But how well you sleep can depend on what you eat.

Consider these tips for the rest of your life:

- Have a small meal or snack no less than three hours before going to bed
- Eat heavy, high-fat meals for at least four hours before going to bed
- Limit your nighttime intake of caffeine from coffee, soft drinks, water and energy drinks
- Limit your alcohol intake at night
- Drink a cup of warm milk before bed.

While watching what you eat can help, don’t avoid food entirely at night. If you go to bed hungry, your body may complain by waking you in the middle of the night.

Regular physical activity will also help you sleep well, since exercise helps the body expend energy during the day and recoup at night. However, avoid exercising within three hours of bedtime because that, too, can keep you awake.

Simple question for you? How many successful animals do you know of that ‘Eat & Run’? Why do you think it is that the ‘Lion’ ‘Eats & Sleeps’? The ‘Snake’ does the same? Then there is ‘Man’! Eat three too big meals a day and run like hell to the next meeting! It’s no wonder we two legged animals have health issues! Now just add stress!

Life is a very ‘Short Trip’!

## **SATISFACTION GUARANTEED**

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24/7