

‘NUTRITIONAL TIPS’

SMALLER IS BETTER

Rather than eat two very big meals a day as so many people are accustomed, we would be better served by eating three smaller means and not eating too late in the evening. When we eat too close to retiring, our body is really awake digesting food when it should be more in neutral replenishing spent fuel and reserve. The ‘Rest Interval’ is for ‘Rebuilding’ and repairing damage done during daily battles.

Rather like operating our motor vehicle? If all we ever do is burn fuel at high speed traveling from A to B, we are in for a break down on the road! Sooner or later!

Don’t forget that breakfast may be the single most important meal. You must get a good start in the day. An actual morning meal helps make that happen in balance and timing ... just like a good ‘Golf Game’? Take time to wash the dishes and clean up just like after a round of ‘Golf’! If you respect your tools, you will use them more effectively!

Avoid going ‘Freeway To Fairway’. Similarly make plans and discipline your life routine to get an orderly start to each and every day. Well OK! Once a month or so you can just laze around in your PJ’s or nothings and drink wine and tea in bed and the Jacuzzi for hours!

A fair number of snacks during the day are not at all bad. Just make sure they are natural food like fresh fruits and vegetables.

Whatever your frequency or menu, keep it healthy.

Enjoy!

**“Welcome Aboard!”
“Enjoy The Ride!”**

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E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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