

## **Information sheet 5**

### **Planning for hectic lifestyles**

If you work long, erratic hours you need to prepare your food and plan your exercise sessions well in advance. Here is a checklist of tips to follow:

- 1) Prepare small regular snacks to take to work with you e.g. make your own low-fat sandwiches, pasta meal, salad in a lunch box, healthy muffins, currant buns, fruit, rice cakes, raisins, pitta bread and cottage cheese are all good to eat
- 2) Get up 1/2 an hour earlier in the morning - you could do your exercises then!
- 3) Take regular fluids throughout the day e.g. low-calorie drinks and water
- 4) Try not to snack on sweets, biscuits or chocolate
- 5) Get enough rest and relaxation after a heavy day
- 6) When preparing meals, make a larger quantity and keep it in the fridge or the freezer
- 7) Keep healthy standby items in your food cupboards, then you have the ingredients to make super quick nutritional meals e.g. tinned tomatoes, tuna, sweetcorn, packets of pasta or jacket potatoes
- 8) Try not to skip meals as this will lead to low blood sugar levels which will make you feel tired and irritable
- 9) Try not to drink too much caffeine (coffee or tea) as this can affect your blood pressure and make you feel hyper
- 10) Try not to be tempted to get a “take away” late at night and then crash out!

### **Conclusion**

Prepare small nutritious snacks and graze throughout the day every 2-3 hours. Never go more for more than 4 hours without food and try to do a couple of 1/2 hour exercise sessions during the week and 1 hour at the weekend until you can get back to a steady, regular eating pattern and exercise regime.