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FITNESS UPDATE

with **RACHEL LEMAN**
FROM MISS MOTIVATOR



GETTING MARRIED CAN BE ONE OF THE MOST EXCITING TIMES IN OUR LIVES, IT IS ALSO A TIME THAT WE WANT TO LOOK OUR ABSOLUTE BEST.

This can often come with added stress and pressure so let me share with you my 5 top tips to have you feeling and looking amazing on your wedding day.

1. Don't cram

One of the most important things to consider is time. It is important to take things gradually, particularly if you are starting to exercise after a break. Talk to a fitness professional to help you plan. The key to a healthy exercise and nutrition program is consistency over time - cramming with exercise or fad dieting will only leave you feeling sore, hungry and possibly injured. Plan for a good combination of strength, cardiovascular and rest or recovery days. Remember - give yourself time, set some realistic weekly goals and make a plan that is sustainable.

2. Fill up on nutrient rich foods

One of the best things you can do for your body and mind during this exciting and busy time is

to make sure you are getting all of the vitamins and minerals your body needs to be functioning at its very best. Have you ever considered if the nutritional intake that you are eating each day is truly supporting you? Mix it up, enjoy all the food groups, and all of the colours that

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natural foods offer us. Challenge yourself each day to eat most colours of the rainbow. As they say good food = good mood and who doesn't need that when planning a wedding!

3. Lift weights

Trust me, lifting weights 3 times a week won't have you "bulking up". Put simply a woman doesn't have the balance

of hormones to do this, however lifting weights has amazing benefits for woman. Resistance training will help you to build leaner muscle mass, and this helps to boost your metabolism and tone and shape your body.

4. Hydrate

One of the easiest things you can do to start feeling great is to be hydrated. This looks different for everyone and will be determined

by your body size, bladder capacity, energy output and the weather. A general rule of thumb is around 2L per day. Have a play, your body might need more or less than this. There is no doubt though that increasing your hydration will have you thinking clearer, feeling more energised and having you look brighter.

5. Get some rest

Now this one is really important. Our bodies need rest as much as they need exercise and good nutrition. Aim for around 8 hours of sleep each night. This gives your body time to recover and helps you to be more productive, improves memory, boosts your immune system, increases your workout performance and boosts your mood! Set yourself a get ready for bed alarm if you need to!

At Miss Motivator we help for woman of all ages and stages to feel great.

Pop in or give us a call for chat on **6581 5199** or visit our website for more info missmotivator.com.au

