



**Our lifestyle blog is brought to you by local Personal Trainer and Fitness Queen founder, Hayley Lundy. We aim to educate, motivate and inspire our readers to lead a healthy active life.**

## Feeling motivated to make healthier choices and improve your fitness?

January usually sees a big focus on what we need to cut out of our diet! What was your focus through January? Reduced carbs? No sugar? Or just aiming to eat healthier? We all have ideas of how best to shift the Christmas bulge and get our mojo back...

Now that we are in February, you may, or may not, be heading towards some goals, but either way it's still a great time to be thinking eating for health, NOT weight loss.

How about focusing on what good stuff you can 'add' to your diet, rather than focus on what you 'can't have'. Don't you find if you tell yourself you can't have something, you crave it even more?

If, like me, you have a sweet tooth, I'd recommend using fruit as your sweet alternative – berries in particular, as they are lower in sugar (fructose). I've added smoothies to my diet to boost my intake of antioxidants to satisfy my sweet tooth! You can try different options until you find a combination that suits your taste buds. They are ideal if you have been under the weather too!

Here is my fave combination if you fancy giving it a go...

A handful of frozen fruit from Aldi – this pack is high in berries and has some banana for a nice balanced texture. Frozen fruit helps you reduce waste and is mega convenient!

A small glass of Organic Soya Milk from Tesco – I like to keep my diet dairy free and really enjoy the taste of this drink, but you can use your favourite mixer.

Just under a 'thumb sized' chunk of ginger – I also freeze ginger and cut off a small chunk each time I need some. A little piece of ginger packs a big punch of health benefits – just don't add too much as it may spoil the taste of your drink.

A few drops of freshly squeezed lemon – just a small amount has big health benefits.

A shot of antioxidant Mistify drink (optional) – this drink has a very high antioxidant levels with low calories, so I add a shot to my smoothies and also give it to my children if they are ever sick or run down. This drink can be left in the fridge and used daily, so it's also convenient and reduces waste. Contact me if you would like to order some, but you can add whatever suits you and your taste buds.

Cumin seeds – add just under a teaspoon. Cumin seeds are great for skin, immune system and your metabolism! If like me you still like the taste with these added, then I'd definitely keep them in your blends.

Blend until all has become a smooth consistency and enjoy!

Like everything else, all foods are to be included in moderation alongside a healthy diet!

If you would like help with a nutrition programme, or to take part in my 21-day shape up challenge, get in touch....

*Hayley x*

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## BENEFITS OF ANTIOXIDANT FOODS

- ### 1. SLOW EFFECTS OF AGING BY REDUCING FREE RADICAL DAMAGE

Free radicals are responsible for contributing to many health issues and have connections to such diseases as cancer and premature aging of the skin or eyes.
- ### 2. PROTECTS VISION & EYES

The antioxidants vitamin C, vitamin E, and beta carotene have all been shown to have positive effects on preventing macular degeneration.
- ### 3. REDUCE THE EFFECTS OF AGING ON SKIN

Free radicals speed up the aging process when it comes to the appearance and health of your skin.
- ### 4. HELP PREVENT STROKE & HEART DISEASE

Since antioxidants help prevent damage of tissues and cells caused by free radicals, they're needed to protect against heart disease and stroke.
- ### 5. MAY HELP DECREASE RISK OF CANCER

Antioxidants could help prevent or treat several forms of cancer thanks to their ability to control malignant cells in the body, cause cell cycle arrest and apoptosis (destruction) of cancer cells.
- ### 6. HELP PREVENT COGNITIVE DECLINE

Oxidative stress is believed to play a central role in the pathogenesis of neurodegenerative diseases, but a nutrient-dense diet seems to lower one's risk.