



12 Steps to a Healthier Lifestyle

SOS Personal Training is about providing you with the means and opportunity to create a state of well being that allows you an enhanced quality of life. This requires exercising regularly, eating a balanced diet and maintaining a manageable level of stress.

The following pages contain information that will assist you in your endeavour to create a healthier lifestyle. Below is a summary of this information.

1. Perform aerobic exercise at least 3 times per week at a suitable intensity.
2. Perform stretching exercises daily.
3. Maintain correct posture during your everyday activities.
4. Regularly perform resistance training exercises.
5. Drink at least 6 glasses (1.5 litres) of water each day.
6. Eat 3 meals plus 2 snacks each day.
7. Maintain an active metabolism.
8. Eat a diet high in carbohydrate and fibre.
9. Maintain an adequate intake of protein together with sufficient iron and calcium.
10. Eat and cook low fat.
11. Stop (or at least limit) smoking.
12. Maintain manageable levels of stress.