

Guidelines for a healthy life

Eat well

Enjoy your meal, chew well and take your time

Drink plenty of water and eat lots of - preferably organic and locally grown – vegetables

Avoid sugar

If you're having digestive problems, try not to eat carbs and proteins at the same meal and avoid any substances you might have difficulty with digesting them (milk products, gluten...)

Eat moderate amounts of unsaturated fat (esp. omega 3) and avoid saturated fats

Limit your amount of animal protein intake; prefer fish or poultry to red meat

Limit your consumption of alcohol (moderate amounts of good red wine are ok, a glass of whisky or Guinness from time to time as well 😊)

Move well

Make sure you do some physical exercise at least 180 min per week:

- 150 min/week moderate exercise (easy jogging/cycling/swimming)
- 30 min/week strenuous exercise (include strength, endurance, stability and mobility exercises)

If you want to go a step further, do your daily breathing exercises and cold exposure according to Wim Hof (www.wimhofmethod.com)

Live well

Don't smoke

Be friendly to the planet (without a healthy planet, no healthy bodies):

- Switch to renewables for heating and transport
- Walk or bike whenever you can
- Reduce, reuse, recycle

Accept, enjoy, be fueled by enthusiasm! (www.eckhartolle.com)

These are only guidelines, no rules. Don't be too hard for yourself!

Any enquiries or need for personal coaching? Contact me: werner@bikingbodyplanet.com



Biking



Body



Planet