

Learn From The Best; Discover How to Stay The Course



This month we discover how to keep our momentum by managing our nutritional needs to perform at our optimum.

You are what you drink

As they are exercising more by being outdoors, experts realize their body requires more fluids on a consistent basis.

The first thing they are aware of is their intake of liquids. People will often reach for a sports drink unaware that they can be littered with chemical additives having an overall detrimental effect on your brain health. Masters understand though that not all fluid is equal and as your brain is 80% water, nothing beats it. One of the biggest symptoms of early-stage dehydration is a low energy, and fatigue. People will feel in a mental fog when not enough fluid has been ingested. Natural spring water has some incredible TDS levels. (total dissolved solids) Fresh water contains minerals such as magnesium, potassium, sodium, and calcium. These minerals are essential for the body to function at its optimum.

Look around you to discover some incredible free sources of natural spring water. You may be able to find some great tasting local water sources. We are also lucky in that Canada has some of the best, cleanest water in the world.



You are what you eat

The next thing the masters are aware of is their fuel.

They think like the crew of a formula 1 race car team. What quality of fuel are they putting in their machine? To have a chance at making the podium, they must stack the deck in their favour, putting in high octane fuel, not the bronze.

While not driving a race car, they still want to deliver their best performance possible. As such, they don't live off chips, hot dogs, and soda pop. Their fuel source matters in energy levels, disease prevention and cognitive performance. They are aware they must get ideal levels of their macronutrients of fats, carbohydrates and proteins. For fats, they choose omega 3 fats. The solid matter of the brain is made up of fats. Those whose bloodwork scores high in Omega 3 fats tend to show higher IQ test results. Where to find Omega 3's? Think deep cold-water fish such as tuna or salmon or even better Krill. Vegetarian? Take a capsule or look for flax, chia or algal oil.





They realize that carbohydrates are an essential fuel source. The carbohydrates they choose are vegetables, preferably raw. They look for vegetables high in fibre such as broccoli. Whole grain legumes and rice make great fuel sources. What they do avoid are doughnuts, bagels, and candies which are all nutritionally devoid.

The protein they choose are simple. Fish is great as they contain omega 3 fats. Farm fresh eggs are another great natural fuel source. What they avoid are bacon double cheeseburgers as they are laden with saturated fats, high in cholesterol and are primers for heart disease. Vegetarians will choose many of the beans, tofu, and lentils.

Take note from the experts. There is a reason they have achieved all their successes; They are consistent with their efforts and don't stray from their course.

You can as well.



Dr. Greg MacLuckie is a professional speaker and trainer who helps leaders take their business to the next level. By rewiring their mindset for positivity, they become more open and develop a deeper belief of the self. As this belief strengthens, it creates a hunger for more knowledge. This winning mindset helps leaders and organizations create a better product while increasing their results.

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