

wednesday.



meal.

mushroom and spinach pizza.

ingredients:

- ½ cup canned tomato sauce
- 1 cup spinach, chopped
- 1 cup mushrooms, sliced
- 1 cup fat-free

mozzarella, grated

- Store-bought pizza dough

Spread the sauce evenly around the dough. Next, add the spinach, followed by the mushrooms and cheese. Bake at 180° C until the base is crispy and cooked through.

move.

reverse lunge with overhead reach.

- Stand with your feet shoulder-width apart, hands at your sides.
- Step backward with the left leg, allowing the toe to touch the ground, while lowering yourself with the right leg.
- Stop when the right thigh is parallel to the floor and the left knee nearly touches.
- As you do this, raise both hands overhead, keeping elbows straight.
- Return to the start position by pushing hard with the right leg, while simultaneously lowering your arms.

training tip.

Get into a routine and choose your time wisely.

We're creatures of habit and putting a consistent routine in place is easier to stick to, even during winter. If you're not a morning person, be realistic and choose a training time you know you can stick to.

diet tip.

Avoid sugary foods in the evening as it can affect your sleep patterns. Getting seven to eight hours of sleep every night is essential, as lack of sleep influences stress levels, leading to high cortisol levels, which can cause emotional eating.



"Avoid sugary food in the evening as it can affect your sleep patterns." – Vanessa Coyne, nutritional consultant

