



..... DIAGEO

BAR ACADEMY

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R A I S E T H E B A R

Experts tips from Kirsten Brooks from Eat yourself to Health and Camille Vidal from La Maison Wellness on how to live a sustainable and healthy lifestyle between shifts.



Kirsten's FOOD TIPS

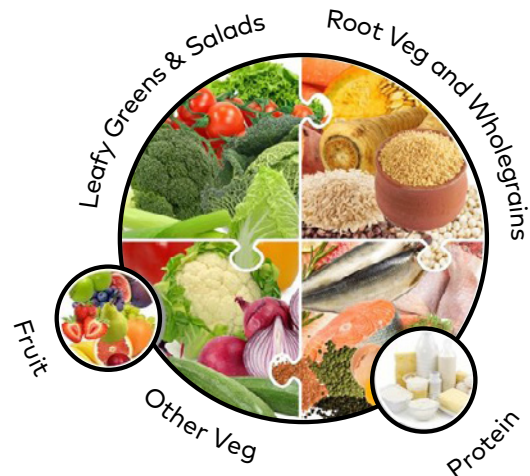
RECOMMENDED SHOPPING LIST

Natural Kefir Yoghurt	Eggs	Broccoli	Kale
Oats	Chicken breast or Tofu	Peppers	Lentils
Berries	Brown Rice	Sweet Potatoes	Beans
Apples	Quinoa	Salad Leaves	Garlic

MEAL PLANNING

Where possible, try to balance your meals so they include more vegetables, as well having some proteins such as beans, lentils and eggs. Plus, don't forget those healthy snacks!

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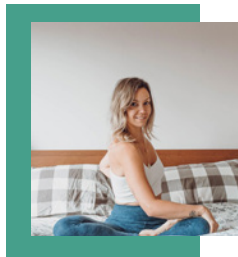


Camille's BONUS STRETCHES



SEATED CAT

Sit cross legged and comfortably placing hands on the knees. Inhale through the nose, broaden your collarbones, open the chest, shine the heart forward creating gentle flexion in the spine.



SEATED TWIST

Place right hand on opposite knee and left hand behind you comfortably. Inhale lengthens your spine sit tall. Exhale twist from your middle back.



LEGS UP

Shimmy your hips as close to the wall as possible, extend your legs along the wall. Your body will be in an L shape, you can cactus your arms or extend in a T shape. Flex your feet for a more active pose or just relax.

KEEP V



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WALKING

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KEY THINGS TO REMEMBER

- Opt for carbohydrates that are slow release and provide sustainable energy
- Keep snacks like oranges, apples, goji berries and almonds handy and avoid "healthy" snack bars
- Eat regular meals at set times if you are working different hours as this will help your body's rhythm and reduce stress
- Give yourself space and time for connection and quiet. Allow yourself time to accept and process emotions rather than suppress them
- Keep contact with community and friends as it can get lonely, especially when you're doing long hours
- Set yourself goals outside of work that will involve being more active.

