



..... DIAGEO

BAR ACADEMY

.....

BUILD A HEALTHY LIFESTYLE BETWEEN AND DURING SHIFT

Use these expert tips from Kirsten Brooks from Eat yourself to Health and Camille Vidal from La Maison Wellness to build sustainable and healthy habits between shifts.

KIRSTEN'S FOOD TIPS

RECOMMENDED SHOPPING LIST

Natural Kefir Yoghurt

Oats

Berries

Apples

Eggs

Chicken breast or Tofu

Brown Rice

Quinoa

Broccoli

Peppers

Sweet Potatoes

Salad Leaves

Kale

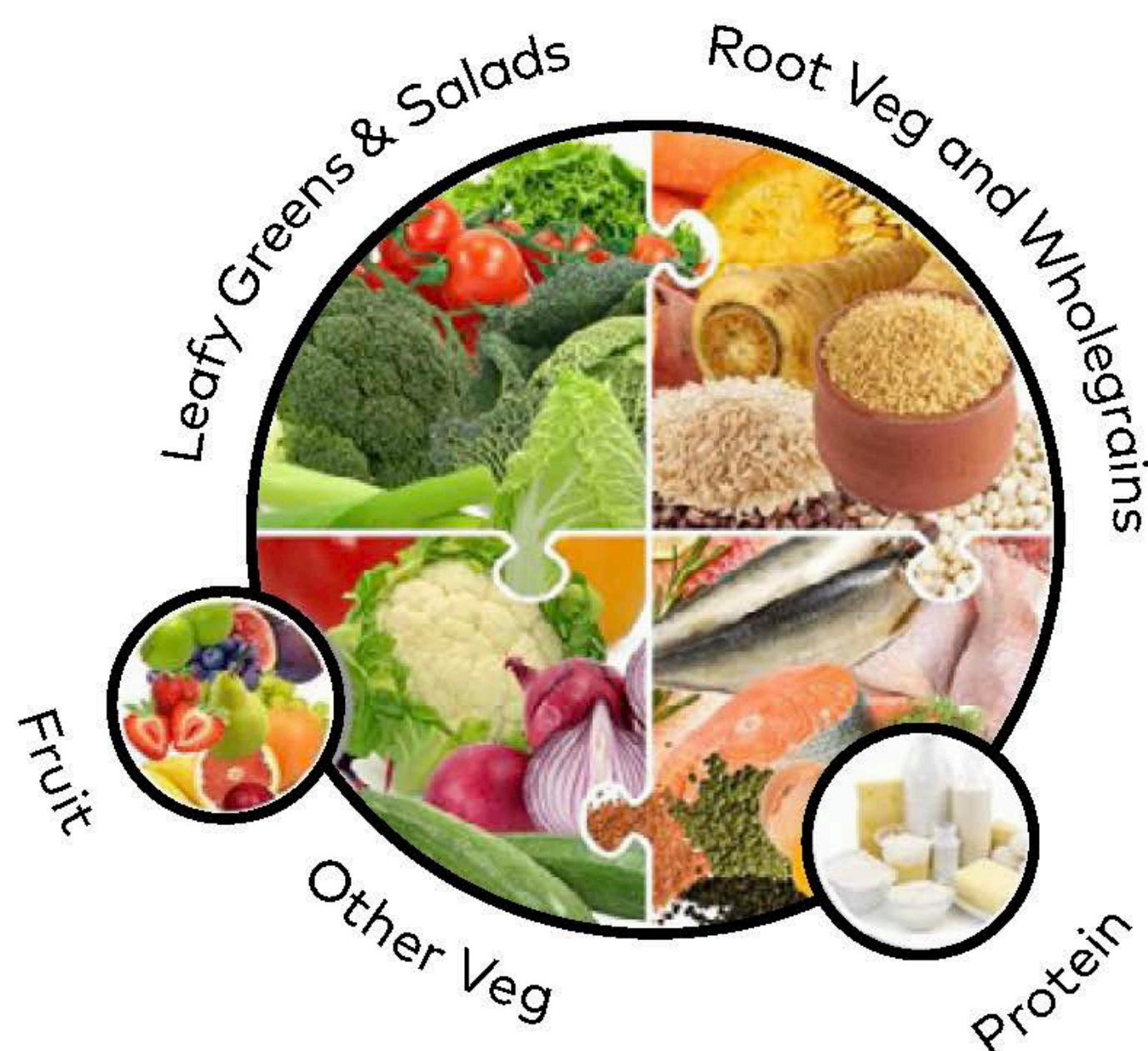
Lentils

Beans

Garlic

KIRSTEN'S FOOD TIPS

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!





..... DIAGEO

BAR ACADEMY

.....

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.

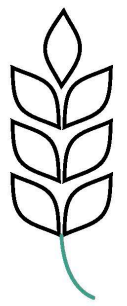


LEGS UP

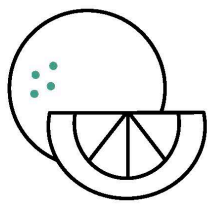
Shimmy your hips as close to the wall as possible, extend your legs along the wall. Your body will be in an L shape, you can cactus your arms or extend in a T shape. Flex your feet for a more active pose or just relax.



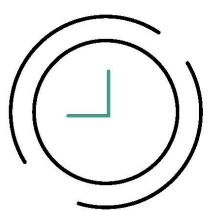
KEY THINGS TO REMEMBER



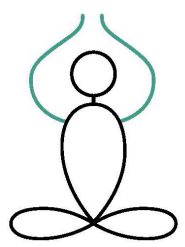
- Opt for carbohydrates that are slow release and provide sustainable energy



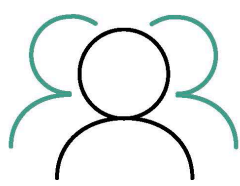
- Keep snacks like oranges, apples, goji berries and almonds handy and avoid "healthy" snack bars



- 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.