

## Smart Wellness Moves



Whether you're devoted to spin class or find that walking is more your speed, moving most days of the week will help keep you in good shape. Staying active is an essential part of an overall healthy lifestyle—but for optimal wellness, you need a 360° approach.

Run through this checklist to make sure you're maximizing your good health.

**Eat well.** Wholesome carbohydrates from fruits, vegetables, beans, and whole grains, quality sources of protein (such as chicken, tuna, eggs, and lean beef), and healthy fats from plant sources like nuts and nut butters, seeds, olives and olive oil, and avocados, should form the foundation of your diet. If you've eaten a meal within a few hours of exercising—before or after—your body has the fuel it needs to withstand a usual workout. If you're hungry or won't get to eat for a while, have a light snack at least 15 minutes before your workout, such as a banana or a small portion of lower-fiber whole grain cereal.

**Develop a supplement strategy.** Certain nutritional supplements can help support your active lifestyle. For example, magnesium is linked to improvements in muscle strength and power and may help protect your body from the internal stress that intense exercise puts on it. However, some forms of magnesium can have a laxative effect that can interfere with your exercise routine. OMG! Nutrition products are less likely to cause the cramping, nausea, and diarrhea that can occur with some other magnesium supplements. Your registered dietitian may have additional supplement recommendations tailored to your specific needs.

**Think twice about specially formulated “sports” products.** Sports drinks, gels, and bars are made with added sugars, since sugar easily converts to glucose. These products are designed for athletes who need fast fuel and hydration—but unless you're exercising for more than an hour or under hot and humid conditions, it's unlikely that you need them. Many routine activities are best fueled with proper eating and plain water.

**Sleep long—and well—enough.** Exercise and sleep are inextricably linked: Being active can help you sleep better, but when you aren't sleeping well, it can affect your workouts, impacting your speed and reaction time. Good sleep habits include avoiding caffeine later in the day, limiting alcohol, turning off electronic devices (such as a phone or tablet) an hour before bed, and making sure that your bedroom is comfortably cool (under 70 degrees F).

[Learn more at omgnutrition.com](https://www.omgnutrition.com)

\* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



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