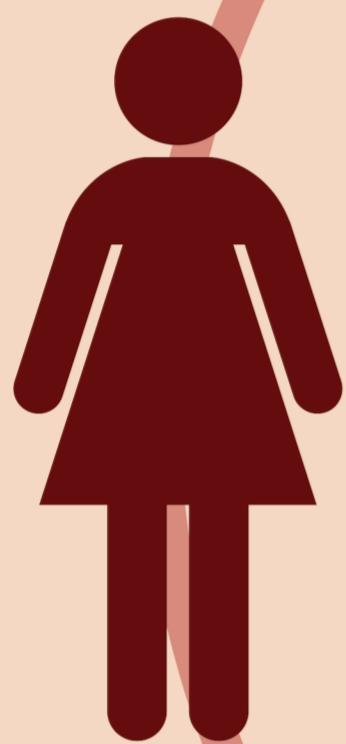


How much Physical activity should you do?

Based on UK guidelines



Adults (19 - 64)
should aim for at least
150 minutes
of moderate intensity activity,
in bouts of
10 minutes or more,
each week.



This can be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous

All adults should try & undertake **muscle strengthening activities** at least **twice** a week, such as



exercising
with weights



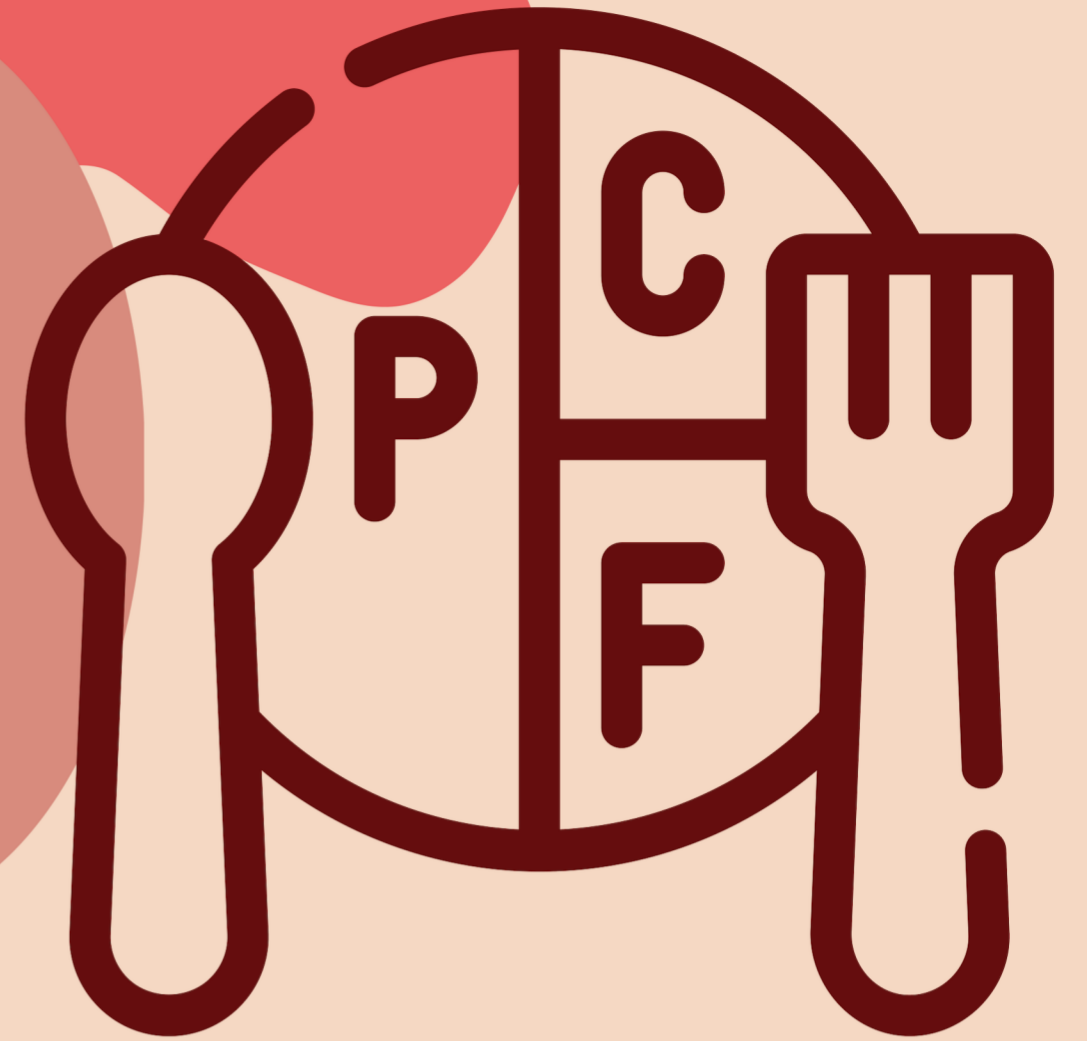
Yoga



Or carrying
heavy shopping

What are Carbohydrates?

Carbohydrates are an important macronutrient that we need in our diet every day to help our body function properly. Macronutrients are the nutrients we need in the biggest quantities.



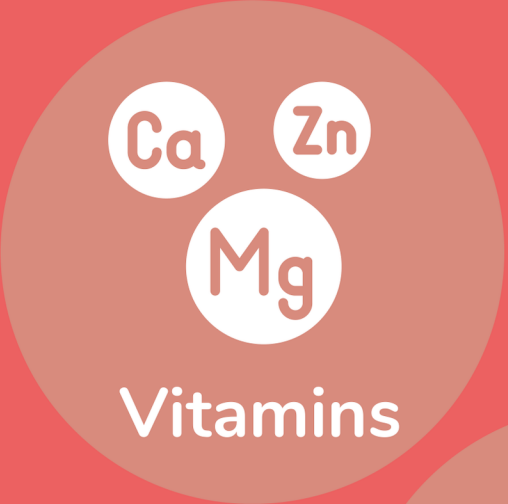
Carbohydrates are your body's main energy supply which we all need to carry out our everyday activities. Your body stores carbohydrate in its muscles & liver as glycogen, which it uses to power your brain & provide energy for physical activity.



CARB

Carbohydrates are mainly broken down into 2 types:
Simple & Complex.

Carbohydrates also provide you with...



Ca Zn
Mg

Vitamins




A B₁
C D

Minerals



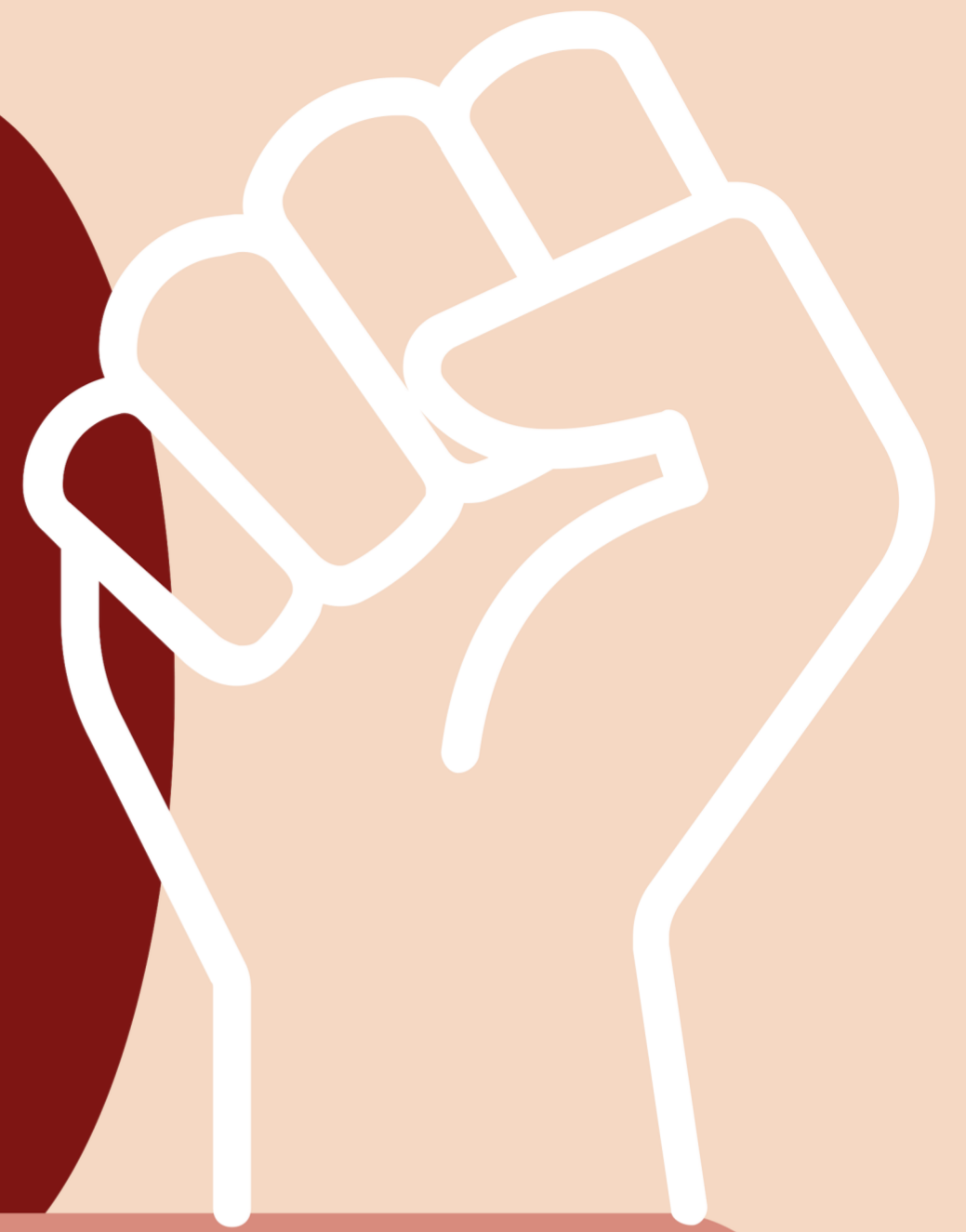
Fibre



Simple carbohydrates have a simple molecular structure & complex carbohydrates more complex molecular structure, which affects how they're absorbed by your body.

Carbohydrates & activity level

Aim for a fist sized carbohydrate portion at mealtimes & make adjustments depending on your activity levels. Balancing your portions this way can help ensure that half of your energy intake comes from carbohydrate.



If you're someone who is very active, eating foods that contain lots of carbohydrates can ensure you have enough fuel for your workout whilst replenishing stored energy afterwards.

No matter the level of your physical activity, you should not eat all your carbohydrates in one meal. Instead, spread them out throughout the day in each meal & snacks that fit around any planned exercise.

