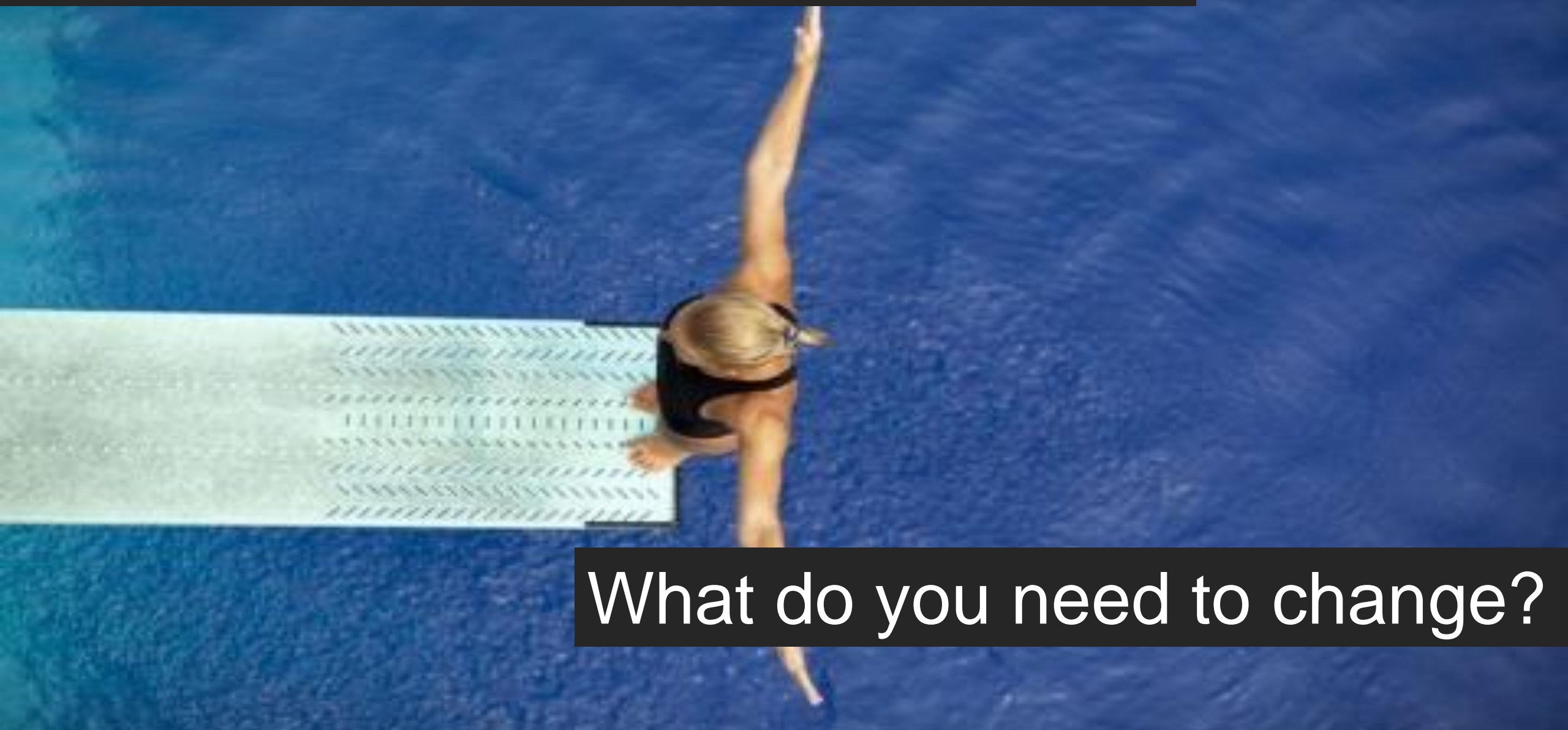


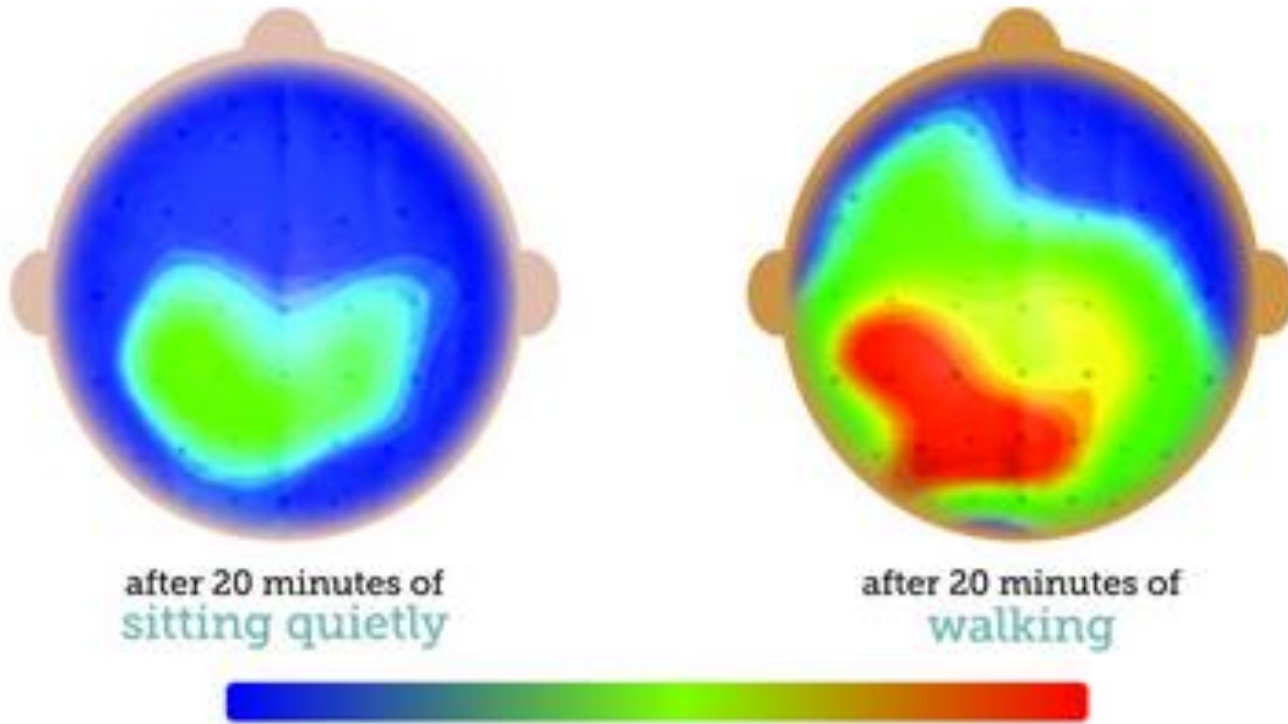
How performance ready are you?



What do you need to change?

Physically active students have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:

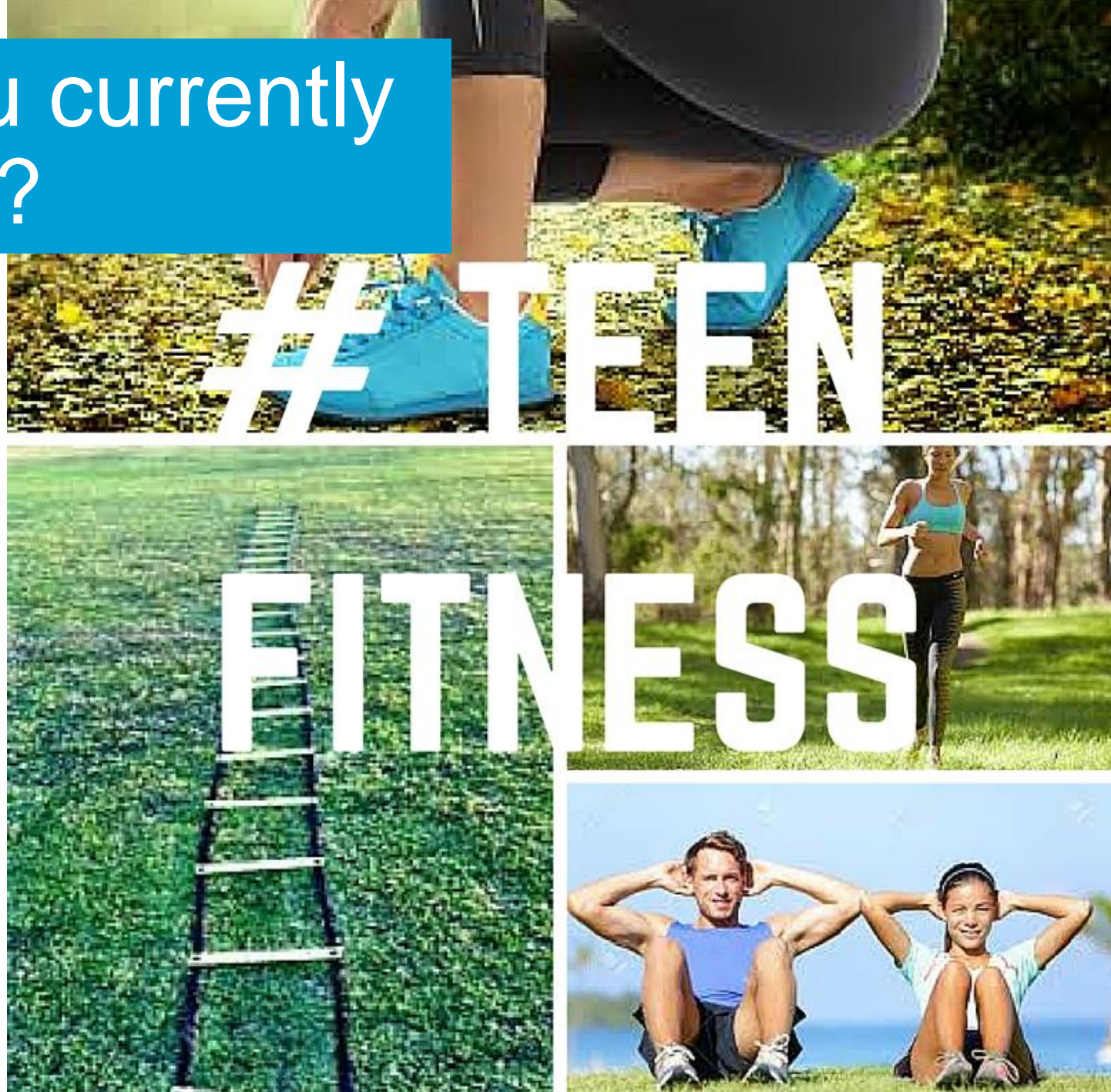


Red areas are very active;
Blue areas are least active

What exercise do you currently do on a weekly basis?

60
minutes
per day

Exercise could be completed in small chunks e.g. 3 x 20 minutes sessions per day



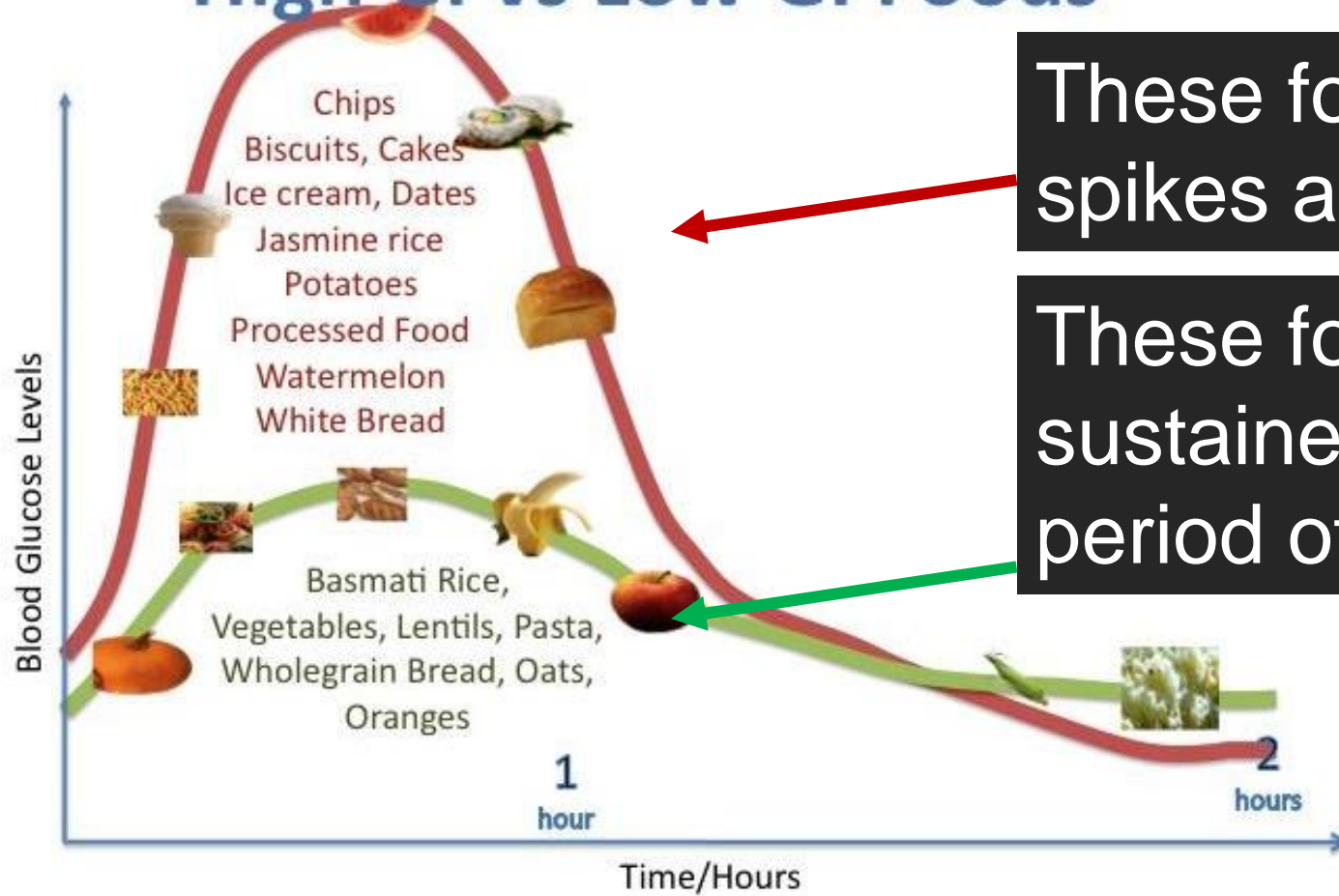
Nutrition & stress

A collage of various healthy food items and a measuring tape. In the top left is a green apple. Next to it are several almonds. A yellow measuring tape is draped across the middle. To the right is a large bowl of cooked quinoa. Below the quinoa are several slices of grapefruit showing their red flesh. In the bottom left is a slice of kiwi fruit. In the bottom center is a glass of water. To the right of the glass are several beans of different colors (black, white, red). In the bottom right corner are several strawberries. The background is a light blue-grey color.

Someone with a healthy balanced diet is less likely to be stressed

Power yourself to PERFORM...

High GI vs Low GI Foods

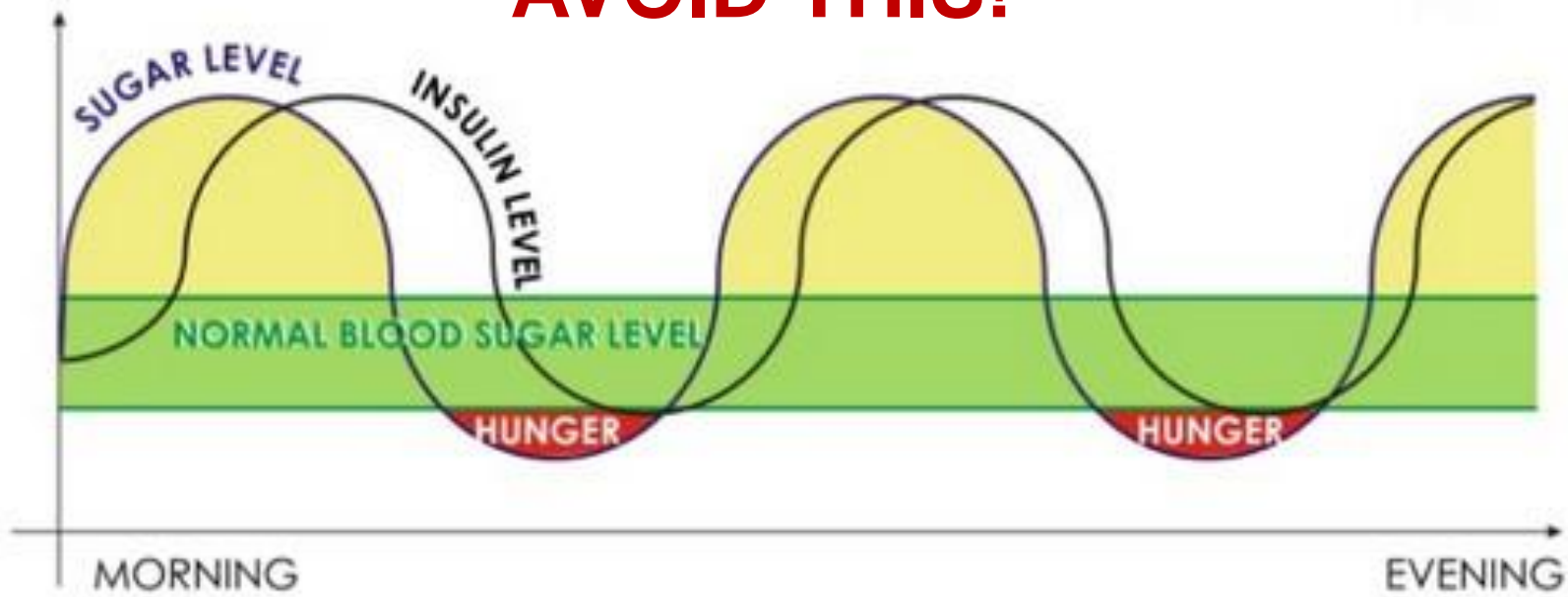


These foods will give you energy spikes and then you will crash

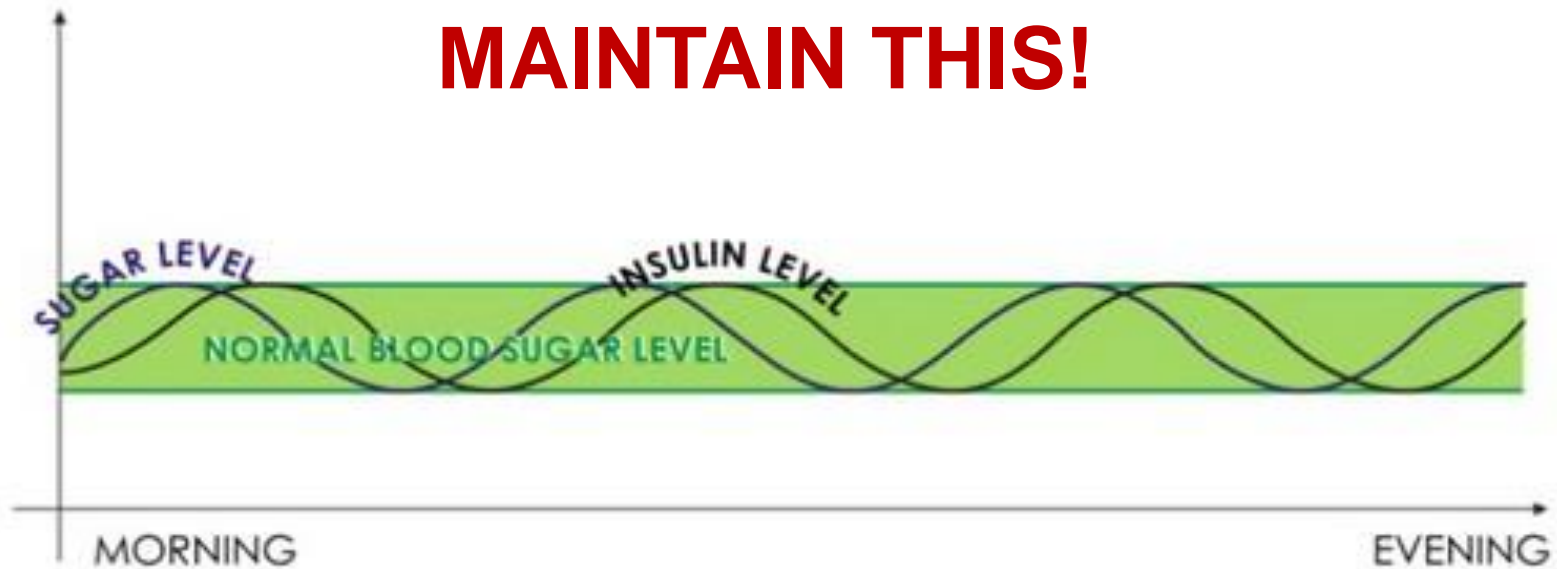
These foods will give you sustained energy over a longer period of time



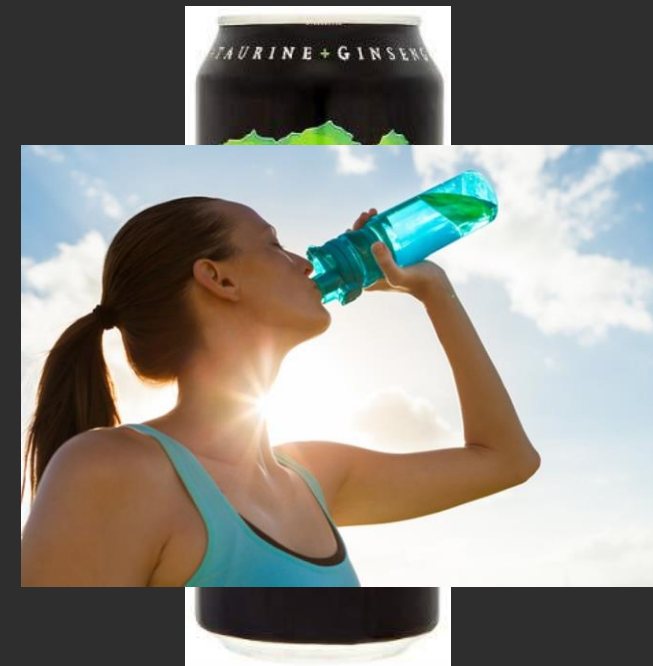
AVOID THIS!



MAINTAIN THIS!



Your blood sugar and energy levels should be slow and steady not swinging wildly up and down



Energy boosting Foods

A BALANCING ACT

Keep your sugar levels under control

Carbohydrates

Breads
Rice
Couscous
Cereals
Bran
Potatoes
Pasta
Oats
Cream of Wheat
Corn
English Muffins
Pancakes
Whole Wheat/
Whole Grains
Vegetables
Squash
Pumpkin
Berries
Fruits
Sugars

Macro Cheat Sheet

Proteins

Beans
Sprouted
Grains
Quinoa
Most Yogurts
Skim Milk
Peas

Chicken
Turkey
Egg Whites
Fish
Buffalo
Bison
Whey Protein
Turkey Bacon
Lean Beef
Low/Non-fat
cottage
cheese
Low/Non-fat
greek yogurt

Eggs
Salmon
Bacon
Chia Seeds
Cottage
Cheese
Whole Fat
Milk
Duck
Whole-Fat
Yogurt

Acocado
Nut Butters
Egg Yolks
Nuts
Oils
Olives
Flaxseed

Fats

MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables
Nuts
Fish
Bananas

UP THE B'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

Green vegetables
Asparagus / Spinach
Broccoli
Yoghurt
Chicken / Turkey / Salmon
Whole Grains / Brown rice
Almonds / Pecans
Eggs

DEHYDRATION CAUSES HEADACHES,
TIREDNESS AND CAN HINDER YOUR MENTAL
PERFORMANCE AT SCHOOL

Eating a nutritious breakfast can help you perform better in exams and during the day



“

Eating the right food and drink can energise your system, improve your alertness and sustain you through the long exam hours

”

Smoothies are easy to make and can really help if you can't stomach breakfast or are short of time in the morning

This delicious blueberry banana blast is just the thing for breakfast! Packed with energizing banana, satiating oats and some peanut butter for your protein.

1 x small banana

1 large tbsp. peanut butter

1/2 cup of blueberries

1 tbsp. oats

1/2 cup 0% fat plain yoghurt

1/2 cup water / ice / almond milk



One of the best ways to maximise your focus is to stay hydrated

“ Even mild dehydration can lead to tiredness, headaches, reduced alertness and diminished concentration ”



Do you ever find yourself hungry and on the hunt for a quick snack?



Nuts are packed with healthy fibres that help in slowing down digestion and making you feel fuller for longer.

Be mindful that nuts are high in fat so should be consumed in moderation. The recommended daily intake is 30g.



SUMMARY

Exercise for 30 minutes per day and build it in to your lifestyle

Avoid foods that are high in sugar for short bursts of energy

Eat a balance of macronutrients (carbohydrates, proteins and healthy fats throughout the day)

Eat breakfast

Healthy snacks to maintain energy levels

Drink water and stay hydrated

