

BREAK - THE - FAST



How many times have you heard how important it is to eat breakfast?

Do you really need to hear it all over again?

The answer to this question is probably not – but if you don't eat breakfast then a more important question would be; *what will motivate to actually do it on a consistent basis?*

Would you like to be leaner? Would you like to have more energy to do things you need and want to do? Would you like to be healthier and prevent disease? Reduce cravings and have more control over your food choices? Would you like to feel better about yourself? Would you like to spend more quality time with your family? Would you like to teach your children healthy habits? Would you like to run on the beach with your grandchildren? Would you like to live a happier more fulfilling life?

Wow – all of this from just eating breakfast!!

Well, actually, the answer is yes!

The word *breakfast* comes from the saying 'break-the-fast' between dinner the night before and lunch the next day. Can I just suggest that, if you were going to make just one change in the pursuit of being a healthier, happier person, then eating breakfast within 30 minutes of getting up would be the one!

Eating breakfast within 30 minutes of getting up will:

- Give you more energy for the day
- Allow you the ability to concentrate better, improve moods and be more productive
- Kick start your metabolism and so you will burn more fat
- Reduce the risk of digestive issues, cancers, heart disease, type 2 diabetes and obesity (just to name a few)
- Reduce food cravings and the risk of over indulging later in the day
- Increase the nutrients going into your body and strengthen your immune system
- Allow the family to spend some quality time together and start the day on a positive note
- I am sure you can think of many more reasons.

"But when I get up in the morning I am too rushed/just not hungry"

I understand this problem, because I had the same issue. I also understand that habits are formed over many years, and trying to change them is difficult and uncomfortable for a while.

My question to you is – "Is it worth spending a few weeks to establish a habit that could change your life and that of your children's and/or other people that you care about?"

If you answered "yes" to the previous question then here is a simple plan to get you back into the breakfast eating mindset:

1. Make a decision that you will persist until eating breakfast is a unconscious habit
2. Understand that in the beginning it is not necessary to eat a full three course meal at breakfast, or even a large bowl of muesli. Just start with a small piece of fruit, half a piece of toast, a smoothie etc.
3. Once you are in the routine of eating you can slowly increase the quantity and quality of your breakfast choice.
4. What you eat for breakfast is up to you, but follow the simple principal of keeping it natural and high in fibre (see ideas below).
5. Aim to eat within 30 minutes of getting up to maximise the benefit of your metabolism, which is the key to your energy and your body's ability to burn fat.

When you are feeling and looking fantastic you will be so grateful that you made the decision and took the time now to develop the habit of eating a healthy breakfast - EVERYDAY.

Enjoy some of the following ideas:

