

About Nutrition and how this effects performance / basic errors

It all starts and ends with Blood Sugar it underpins everything! health, energy, performance, both physical and mental.

the blood stream, which means we get a slower release of energy, less highs and lows, can deal with stressful situations much better, and last longer through the day.

Did you know for instance that protein slows release of carbohydrate (sugars) into

Here are three simple tips:

Tip 1: Always eat breakfast and include protein. A boiled egg with breakfast is a great way to set your energy levels up for the day. You are far more likely to have regular blood sugar levels for longer if you avoid typically sugary breakfasts.

Tip 3: Drink plenty of water, it enhances cognitive function. In March 2015 Loughborough University released the results of a random study looking at the effects of dehydration on mental performance. The results were staggering. All participants were put through a test on a driving simulator and those that were dehydrated (allowed to drink 20ml of water per hour) made the same number of driver errors as those on the drink/drive alcohol limit. Would you work well in the afternoon after a couple of pints of lager? Or would you struggle to concentrate and possibly even fall asleep? Drink water!

Tip 2: Caffeine increases cortisol levels... it also increases sugar released from muscles into the blood. But remember, excess blood sugar is usually stored as fat, unless you are exercising to burn it off. So caffeine in a sedentary job will promote higher blood sugar and ultimately do nothing for weight loss!

