



What Does Exercise Have to Do With Nutrition?

They go hand in hand.

Nutrition is the fuel for the body like petrol/diesel is to the car. A car cannot move if it is low in fuel. Similar to the body.

We know exercise is important for keeping our muscles and bones strong. It helps burn calories and keeps our cardiovascular system and lungs healthy too. Playing outside should also be encouraged in youngsters, so they can get some essential vitamin D too.

Official recommendations for exercise are at least 60 minutes daily. Your children are likely to be getting more, especially if they are spending less time being passive and on their gadgets and TV. Exercise can also improve sleep and keeps the appetite hormones at bay, preventing obesity.

