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*For intermediate or advanced level training, with the correct nutrition now firmly in place, changes in your training become much more important. This is when your training must become downright scientific.*

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So, to answer the question, while nutrition is ALWAYS critically important, it's more important to emphasise for the beginner (or the person whose diet is still a “mess”), while training is more important for the advanced person (in my opinion).

#### **What are good pre and post workout snacks?**

Pre-workout snacks are used to give energy for the activity. A few examples include: fresh fruit, small whole-meal sandwich filled with honey or peanut butter, cereal bar or dried fruit bar, breakfast cereal with milk, rice. I use these one hour before.

Post-workout snacks are used to restore the energy levels, reduce the inflammation and build new cells. A few examples include: fresh and dried fruits, nuts and raisins, recovery milk, fruit yoghurt, protein bar and powders.

#### **Do you use or recommend any supplements?**

The most efficient way to develop your natural sports ability and achieve your fitness goals is through efficient training combined with optimal nutrition. There is a huge variety of supplements marketed including pills, powders, drinks and bars, which claim to increase

muscle, strength or burn fat and I guide my clients upon their goals. I am using Powder Lean Protein, Energy Bars and a raspberry flavoured pre-workout drink. I occasionally take multivitamin complex, calcium, magnesium and sea fish oil.

#### **What's your ultimate cheat meal?**

A cheat meal is that one meal where planning has no place. There's no tracking, no macros, and no shame. My cheat meals could be burgers, pancakes, ice cream, French fries – but not all together!

#### **Finally, what would be your number one piece of advice those looking to implement a more healthy and active lifestyle?**

That's easy: Create a perfect day from when you wake up until you go to bed. 90% of our daily actions run in our subconscious, so we have to really work to upgrade our daily rituals. But by building yourself a healthy, what I call “perfect” day, you can fill it out (hydrate more, eat better, move more, get more sleep) and then each day see how well you did across those simple things. Oh, and keep smiling!