

# YOU & Improved

Health, heart, happiness –  
how to supersize your life

## Make work healthier with The Body Coach



**Joe Wicks** has been transforming bodies for years, so if there's any diet advice to listen to, it's his

**N**ot for nothing is Joe Wicks known as The Body Coach. Check out his hilarious Instagram @TheBodyCoach for healthy tips and tricks (and check *him* out too – he's pretty fit, in every sense!) Here are some of his top tips for the office...

- **Deskside brekkie:** boil some eggs before you leave the house, then mix with spinach and avocado and munch while you sift through your morning emails.
- **Tense your tum and tush** often while at your desk, then get up every half an hour and walk around. Offer to make tea – you'll become the office favourite, too!
- **Buying healthy, on-the-go lunches** can be tricky, so prep your weekly meals each Sunday. If you

forget, head to the supermarket at lunchtime and bag some protein, loadsa veggies and boom, you've got yourself a lean-in-15 meal.

- **Eat two snacks a day** that are protein- or healthy fats-based, such as a handful of nuts, a protein shake or a boiled egg. Fruit such as melon, blueberries, apples and pears are good, but limit to one a day and only two to three a week.

- **Stay hydrated** – set an alarm to remind you to drink every hour. Aim to drink 2-4ltr water a day – a hydrated body is more efficient at burning fat. And always pair tea or coffee with a glass of water.

- **Fit in exercise when you can** – see it as a reward for your body, not a punishment! Run home instead of getting the bus or get off a stop before your normal station.

**TURN FOR MORE** ➡➡

