



The Fitness & Nutrition Program for children.

FOR GOOD DIGESTION:

Eat Fruits & Vegetables – get plenty of fibre

Stay Hydrated - Drink Water

Consume non animal protein – limit fats & sweets

Exercise

Eat Mindfully

NO STRESS !

Beetroot	Hot Water
Bananas	Lemon Water
Blueberries	Chamomile
Kiwi	Mint
Peaches	Chives
Carrots	Fennel
Apples	Tarragon
Avocado	Dill
Sweet Potatoes	Bay leaf
Cantaloupe	Cilantro / coriander
Papaya	Rosemary
Tomatoes	Ginger
Cucumber	Oats
Carrots	Yoghurt