



THE WINC

This months edition of THE WINC focuses on boosting energy levels, to help you revitalise, recharge and regenerate.

The Big Sleep...

In order to benefit from a good sleep, you need a calming ritual. This might include a lavender bath, a read, relaxation exercises or listening to soothing music. Camomile tea and valerian are said to help us drift into the land of nod too. Apparently, it takes about 23 minutes to fall asleep, and the quicker you are in dream land the less likely you are to toss and turn under the covers. Some say that you should begin your calming routine by 8.35pm and lights out by 9.35pm for at least four nights a week. This should ensure that you have eight hours sleep for more than half the week providing you with lots of benefits such as: preventing the signs of ageing; helping the body to repair; building the immune system and giving you more energy to play netball!



(Source: You magazine)

An energy menu.

Bring a few interesting people together for a tasty meal. Have fun, be creative and give something back. It is well known that being connected to others in a stimulating environment can raise your energy levels and give you that 'feel good' sense that makes your day or night. (Source: YOU magazine)



Fact File

According to 'Runners World' carbohydrates are the foods that give us energy. To stabilise blood sugars, eat wholemeal or whole grain foods as this energy source is gradually absorbed by the body, keeping hunger at bay so you eat less, but also providing you with the fuel you need to play netball.



Ladies, give yourselves a treat in March at the Vitality Show, Earls Court, London. The show event hosts everything from fashion, to Yoga master classes, pamper packages, beauty, fitness and healthy eating. Basically, it's a really good way of getting ideas to promote your own well-being and re-energise you! For more info go to www.thevitalityshow.co.uk