



## JOY RIDE PODCAST

### Episode #013

**Theme:** Finding Joy in a Healthy Lifestyle

**Guest:** Rosemary Conley

#### Bio of guest

Rosemary Conley, a Diet and Fitness Guru, best-selling Author, Presenter and weight-loss expert who appeared on 'Dancing on Ice' in 2012, joins Tom Elliott to discuss healthy living, enjoyable exercise and how joy can be found in looking after our bodies.

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'People don't appreciate health, until they don't have it. You have to invest into your health'

#### Rosemary's Top Health Tips

- 1) Find a reason / motivation
- 2) Decide on three meals a day
- 3) Avoid eating High Fat foods
- 4) Try and reduce the quantities on your plate by about 20%
- 5) Don't snack between meals
- 6) Have Alcohol in moderation. At least two days clear of it every week.
- 7) Do something where you are slightly out of breath for 30 minutes, at least 5 days a week
- 8) Do some strength work - Ab curls, press ups, light weights, Squats
- 9) Find an activity that you enjoy doing (preferably with others) that is exercise
- 10) Consider your body as important - The temple of God. Put effort into looking after it.

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