

Were Cavemen and Women More in Tune With Their Health Than We Are Today?

As a personal trainer in, I receive a great number of questions with regards what foods are best to eat. Their questions are mainly focused around which ones will help them reach their fat loss goals in the quickest possible time. My quick response to them is **'If it doesn't swim, walk, fly or grow, DON'T EAT IT!!!!'**

Look into your typical day of eating; in fact make a list of the last meal you ate. From that list, tick all the foods that were around 10,000 years ago. Our ancestors, the caveman and woman, were hunter-gatherers; they searched for and cooked their own food, the same which is still around today.

Their bodies were lean, toned and looked like they could face any challenge. If they would have been lazy, slow, out of shape, they would have died, thankfully it is not as extreme anymore and their model of eating is the one we should still follow today.

There have been plenty of advances that we are glad of and make our lives much easier, such as cars, mobile phones, and more importantly medicine however I believe that food has become progressively worse.

There is never enough time, fast food is extremely popular, processed food lines the cupboards of pretty much everybody I know, however this is certainly not the blueprint for a healthy body and mind.

I am yet to find anybody that presents a healthy, lean physique who does not stick to a natural, unprocessed way of eating.

A simple way to begin on the road to better eating is to shop by sticking mainly to the perimeter of your local supermarkets, picture it, the aisles in the middle are laden with crisps, chocolate, biscuits, tinned food etc however the outsides are filled with fresh fruit, vegetables, meat, fish and eggs

I do understand that people do not have the same amount of time to spend cooking as say 40 years ago, let alone 10,000 years ago (however catching food is much easier now!), but there are ways to still follow my advice whilst leading your busy hectic lives.

Society today is at a much great pace. People are spending more and more time in work or family commitments and have very little time for themselves. And we are suffering as a result of it.

Yet with simple planning and preparation we can execute a healthy way of living and start to make a real difference to ourselves and our family lives.

Tips to changing

- Make a list of just 10 items that were around 10,000 years ago that naturally grow, or walk, swim or fly and add them to your shopping list.
- Next remove just 5 items that you would typically find in the middle aisles that would normally be on your weekly shopping list.
- Buy fresh fruit and vegetables and not tinned
- Divide your plate up the following ways: 1/3 plate with Meat/Fish
2/3 Plate with Vegetables
- Snack on berries, fruit, nuts and seeds rather than crisps, chocolate and pie's
- Replace carbonated drinks with water

Start by making small adjustments to your nutritional plans and implement the 5 tips above to achieve a lean, toned healthy physique our ancestors presented all those thousands of years ago.