



HEALTH FIRST QUICK GUIDE TO

ACTIVE LIVING



NEW TO THE WORLD
OF NATURAL HEALTH?
TRYING TO LIVE A
HEALTHIER LIFE?



HEALTH
FIRST

Then the Health First Network series of quick guides is for you! In this issue we talk about effective solutions to support an ACTIVE LIFE!

ACTIVE LIVING

MAINTAINING PHYSICAL ACTIVITY, ESPECIALLY DURING TIMES OF STRESS, IS ESSENTIAL FOR SUPPORTING OVERALL HEALTH AND WELL-BEING.



Most of us think we need to sweat it out on the treadmill and guzzle protein shakes in order to keep fit. But in these unprecedented times, finding ways to stay active in less traditional ways can work just as well! Substituting your gym routine with an online class from home or carving out time each day to get outside and immerse yourself in nature while moving your body can have a positive impact on your physical and mental health. Adequate nutrition is essential on your fitness journey, and just as important are key supplements that can help you to sustain peak energy levels.

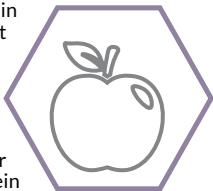


MUSCLE RUB: POWERFUL PAIN RELIEF

For sports injuries, aches, pains, and sore muscles, a topical cream may be a welcome and soothing option. Look for creams with active delivery systems and key ingredients like arnica and menthol that can help to reduce inflammation and bring fast relief.

BALANCED DIET: THE FOUNDATION

Whether you're vegan, keto, gluten free, or somewhere in between, there are a few key nutritional strategies that hold true for everyone in supporting an active lifestyle. Consuming adequate fibre, a variety of vegetables and fruits, healthy fats, and protein are non-negotiables. There are now many choices in both plant and animal-sourced protein powders. Collagen also provides an easily digested protein source in a convenient powder format. Whichever you choose, rotating your protein sources can help deliver a varied nutrient profile.



ASHWAGANDHA: FITNESS SECRET WEAPON
Traditionally known to support stress, this adaptogen can also have a positive impact on our body's response to exercise. When we exercise, we create micro tears in our muscle tissue - this equates to stress on the physical body. Ashwagandha can help to improve that stress response by hastening the time it takes your body to recover.



L-GLUTAMINE: A KEY PLAYER IN RECOVERY AND REPAIR

Protein is well known as a building block for muscle. What you may not know is that protein is made up of smaller units known as amino acids. L-glutamine is one of those amino acids that supports the body's recovery process. Including L-glutamine in smoothies or shakes can help to repair muscle cells after exercise.



MULTIVITAMIN: YOUR ACTIVE INSURANCE POLICY

It's tricky to get our required nutrients through diet alone. Whether you're an athlete, weekend warrior or just the on-the-go, a multivitamin can be an insurance policy to support your active lifestyle. During times of elevated stress, look for adaptogens and essential fatty acids in your multi for extra support.



ELECTROLYTES: YOUR ACTIVE SUPPORT

When we are active, we sweat! That sweat contains electrolytes that we must replenish through our diet. If you're feeling tired and sluggish, consider elevating your water with key vitamins like A, B, C, and E, and minerals like calcium, magnesium and potassium. Packets of these drink mixes are easy to use at home or on-the-go.



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PRODUCT INGREDIENTS

HEALTH
FIRST

Improves recovery time while supporting stress with the addition of ginseng, rhodiola and cordyceps mushroom

A multivitamin and mineral drink delivering electrolytes for energy and immune support, now sugar free

Contains KSM-66® ashwagandha, clinically proven to improve muscle recovery time and VO2 max

Fast-acting cream for the pain of sore muscles, arthritis and backache

Vegan, non-GMO and fermented L-glutamine for the conscious athlete



FIND THESE PRODUCTS AT YOUR LOCAL HEALTH FIRST MEMBER STORE!
PLEASE VISIT HEALTHFIRST.CA TO LOCATE THE STORE NEAREST YOU.