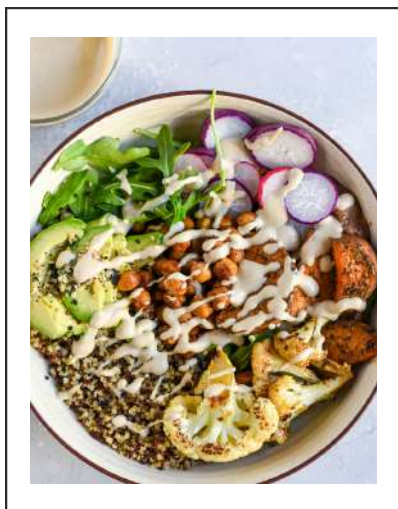




NUTRITION GUIDE FOR

STRENGTH & LONGEVITY

FOR EVERYBODY

BY ELIZABETH NADINE

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*Helping you build strength, confidence and lifelong health
- one healthy choice at a time.*

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Introduction – Why Nutrition Matters

My passion for nutrition began many years ago when I reached a point where conventional medicine had no more answers for me. The NHS could only offer medication to manage my symptoms rather than address the underlying causes. While medication certainly has its place, I wanted to understand why I was feeling the way I was and whether there was another approach.

At the time, I was living with polycystic ovary syndrome (PCOS), had suffered from IBS since childhood, battled persistent acne, had no periods and had gained over a stone in weight (that simply didn't feel right for my frame). I saw numerous doctors and consultants who prescribed medication to help manage my symptoms. Not one doctor asked about my diet or what I was eating.

That was the turning point.

I became fascinated by the idea that nutrition and lifestyle could influence how we feel- not just mask symptoms. I immersed myself in learning everything I could about nutrition, movement and wellbeing. I gradually changed the way I ate, improved my sleep, adopted a more holistic and consistent approach to exercise, and learned how to better manage stress.

Slowly but surely, everything changed.

Today, I have regular periods, conceived naturally, my PCOS is well managed, my skin is clearer, I understand how to support my IBS, and I feel healthier and stronger now in my late 40's than I did in my 20's. Looking back, that journey transformed not only my own health but also the way I teach and support others.

This approach to eating has become one of the pillars of my philosophy and the way I teach today. Nutrition isn't about perfection or following extreme diets. It's about giving your body the nutrients it needs to function well, recover effectively and thrive. The best part is that my approach is realistic and sustainable. I don't feel restricted or deprived - I simply enjoy an abundance of delicious, nutritious food that supports both my health and my lifestyle.

Over the past 17 years of teaching Pilates and yoga, I've seen first-hand how combining intelligent movement with good nutrition can transform the way people feel. This guide brings together the principles I use myself and share with my clients every day.

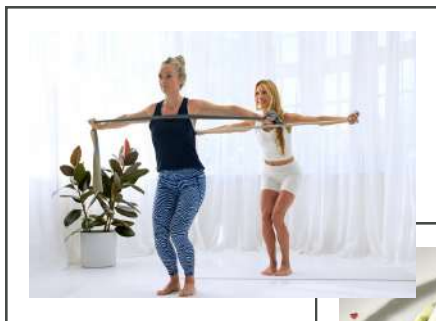
In this guide, you'll learn how nutrition supports your health, your training and your long-term wellbeing. Whether your goal is to build strength, improve body composition, increase energy, support healthy ageing, recover more effectively or simply feel your very best, I hope this guide gives you the knowledge and confidence to make informed choices that work for you.

Training is Only Part of the Equation

In the Pilates with Weights program, we're using strength training to provide the stimulus for your muscles to grow stronger. Nutrition provides the building blocks your body needs to repair, recover and adapt to that training.

Exercise and nutrition work hand in hand- you simply can't achieve the best results from one without the other.

When you fuel your body well, you'll recover more effectively, have more energy for your workouts, support muscle growth and lay the foundations for long-term health and longevity.



Nutrition Fundamentals

Before we dive into the details, let's focus on the foundations. These simple habits will have the greatest impact on your health, energy, strength and long-term wellbeing.

Rather than chasing the latest nutrition trends or searching for the "perfect" diet, master these principles first. Consistently getting the basics right will always outperform fads and trends, and prevent yo-yo dieting.

My Nutrition Fundamentals

✓ Prioritise Protein

Aim to include a good source of protein with every meal. Protein supports muscle growth and repair, helps maintain muscle mass as we age, keeps you feeling fuller for longer and plays an essential role in recovery after exercise.

✓ Fill Half Your Plate with Vegetables

Where possible, aim to fill around 50% of your lunch and dinner plate with colourful vegetables or salad.

Vegetables are packed with fibre, vitamins, minerals and antioxidants that support your immune system, gut health, recovery and long-term wellbeing. Different coloured vegetables provide different nutrients, so try to eat the rainbow throughout the week.

✓ Build Balanced Meals

A simple way to build nutritious meals is to aim for:

 ½ Plate – Colourful vegetables or salad

 ¼ Plate – Protein

 ¼ Plate – Whole-food carbohydrates

 Add healthy fats such as olive oil, avocado, nuts or seeds.

This simple approach provides the nutrients your body needs while helping to keep energy levels steady and meals satisfying.

✓ Choose Whole Foods Most of the Time

Base your diet around foods that are as close to their natural state as possible. Choose plenty of vegetables, fruit, beans, lentils, whole grains, quality proteins, nuts, seeds and healthy fats, while limiting highly processed foods where possible.

✓ Stay Hydrated

Water supports every system in the body. It helps regulate body temperature, lubricate joints, transport nutrients, aid digestion, improve concentration and support exercise performance.

Aim to drink water consistently throughout the day rather than waiting until you feel thirsty.

✓ Be Consistent, Not Perfect

Healthy eating isn't about following strict rules or striving for perfection. It's about making nourishing choices most of the time and building habits that are enjoyable and sustainable.

An **80/20 approach** works well for many people - aiming to eat nutritious whole foods around 80% of the time while leaving room to enjoy your favourite treats without guilt.

An Anti-Inflammatory Way of Eating

As we age, looking after our long-term health becomes increasingly important. One of the best ways to do this is by choosing foods that help support the body's natural processes and minimise unnecessary inflammation.

Throughout this guide, you'll notice an emphasis on colourful plants, quality protein, healthy fats and whole-food carbohydrates. This isn't a restrictive diet or a short-term plan - it's simply a balanced, enjoyable way of eating that supports strength, recovery, energy and longevity.

★ Liz's Tip

Don't aim to eat perfectly - aim to eat well, consistently.

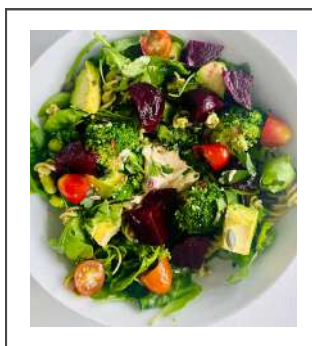
Every nutritious meal is an investment in your future health. Small choices made every day have a far greater impact than occasional bursts of perfection.

ELIZABETH NADINE

Food is information. Every meal tells your body whether to heal or to inflame.

Building the Foundations

You've now learned the key principles of healthy nutrition. Let's take a closer look at each one and discover why it matters, how it supports your health and how you can apply it in everyday life.



Nourish Your Body Like Someone You Love

One of the biggest mindset shifts I ever made was changing how I viewed food.

For years, like many women, I thought about food in terms of calories, weight and whether it would make me look a certain way.

But everything changed when I started asking a different question:

"What does my body need from me today?"

Every meal is an opportunity to strengthen your relationship with your body.

The food you eat isn't simply about calories - it's information for your body. It provides the protein to build and repair muscle, the carbohydrates to fuel movement and your brain, the healthy fats that support hormones, and the vitamins and minerals that allow every cell in your body to function at its best.

Imagine if your body could talk back to you.

Would your muscles thank you for giving them enough protein to become stronger?

Would your bones thank you for the calcium and vitamin D they need to stay resilient?

Would your gut thank you for the fibre and variety of plant foods you've eaten today?

Or would they simply be asking for a little more nourishment... and a little more kindness?

One of the things I encourage all of my clients to do is stop seeing food as something to fear or control, and start seeing it as one of the greatest acts of self-care.

Rather than asking:

"Will this make me gain weight?"

Try asking:

- Will this nourish my body?
- Will this give me energy?
- Will this help me recover from today's workout?
- Will this support the healthiest version of me?

When you consistently nourish your body well, move it regularly, build strength, prioritise sleep and allow time for recovery, your body has an incredible ability to adapt.

It becomes stronger.

More energetic.

More resilient.

More capable.

Looking and feeling your best becomes a natural consequence of looking after yourself - not punishing yourself.

Every healthy choice is a vote for the future version of yourself.

And remember...

Don't just ask how your body looks. Ask how well you're looking after it.

Because your body is your lifelong home.

 **Treat it like someone you love.**

Protein – Building Strength for Life

Protein is essentially the building blocks of our body. It is one of the most important nutrients in your diet - particularly if your goal is to build strength, improve body composition, recover well and stay healthy as you age.

Every time you exercise, especially during strength training, you create tiny tears in your muscle fibres. Protein provides the amino acids your body needs to repair and rebuild those fibres, helping your muscles recover stronger and become more resilient over time.

Protein isn't just important for building muscle. It also plays a vital role in supporting your overall health and wellbeing.

Protein helps to:

- Build and repair muscle
- Maintain lean muscle mass
- Improve strength and exercise performance
- Support recovery after exercise
- Maintain healthy bones
- Produce hormones and enzymes
- Support immune function
- Keep hair, skin and nails healthy
- Help you feel fuller for longer
- Support a healthy metabolism

Simple Healthy Fat Swaps

Small changes can make a big difference over time. Try some of these simple swaps to increase healthy unsaturated fats while reducing saturated fat.

Instead of...	Try...	Why?
Butter	Mashed avocado	Rich in heart-healthy monounsaturated fats, fibre and potassium.
Butter on toast	Nut butter (100% nuts)	Provides healthy fats, protein and minerals to help keep you fuller for longer.
Mayonnaise	Greek yogurt or smashed avocado	Lower in saturated fat while adding protein or fibre.
Creamy dressings	Extra virgin olive oil & balsamic vinegar	Rich in polyphenols and monounsaturated fats that support heart health.
Crisps	A handful of unsalted nuts	Higher in protein, healthy fats and fibre, making them a more satisfying snack.
Milk chocolate	A few squares of 70%+ dark chocolate	Contains more cocoa and less sugar, with beneficial plant compounds.
Fatty processed meats	Chicken, turkey or oily fish	Lower in saturated fat and processed ingredients while providing high-quality protein.
Sausages or burgers	Lean homemade versions or bean-based alternatives	Lower in saturated fat and often higher in fibre.
Frying with butter	Cook with extra virgin olive oil	A staple of the Mediterranean diet and rich in heart-protective compounds.
Pastries and cakes	Greek yogurt with berries and nuts	Provides protein, healthy fats and natural sweetness with more nutrients.

Remember...

Healthy fats are an important part of a balanced diet. They help your body absorb vitamins A, D, E and K, support brain function, hormone production and heart health, are super important for healthy skin, and can help keep you feeling satisfied after meals.

Rather than avoiding fat, focus on choosing **more healthy unsaturated fats** from foods such as olive oil, avocados, nuts, seeds and oily fish, while enjoying foods higher in saturated fat in moderation.

How Much Protein do You Need?

The UK Reference Nutrient Intake (RNI) of 0.75 g of protein per kilogram of body weight is the minimum amount required to prevent deficiency in the average adult. It is not the amount recommended for someone who exercises regularly or wants to build and maintain muscle.

If you're taking part in the Pilates with Weights programme or regularly performing strength training, aim for approximately:

1.2–1.6 g of protein per kilogram of body weight each day.

This range is supported by sports nutrition research and provides enough protein to support muscle maintenance, recovery and strength gains.

Daily Protein Guide

Body Weight

Daily Protein Target

50 kg

60–80 g

60 kg

72–96 g

70 kg

84–112 g

80 kg

96–128 g

Don't worry if these numbers seem high. They're usually much easier to achieve than people expect by simply including a good source of protein with each meal and choosing protein-rich snacks when needed.



Top Protein Foods at a Glance

Use this table as a simple reference to help you build protein-rich meals and snacks.

Food	Protein (per 100g)	Nutrition Notes
Chicken Breast (skinless)	31g	Lean, high-quality protein, low in saturated fat. Excellent everyday choice.
Turkey breast	29g	Lean, high in protein and B vitamins. Great alternative to chicken.
Tuna (fresh)	29g	Excellent source of protein and omega-3 fats. Choose sustainably sourced where possible.
Salmon	25g	Rich in protein and heart-healthy omega-3 fats. One of the best fish choices for overall health.
Cod	23g	Lean, low-fat fish that's easy to digest and high in protein.
Prawns	24g	High in protein and naturally high in dietary cholesterol, but low in saturated fat. For most healthy people, dietary cholesterol has less impact on blood cholesterol than saturated fat. Those with familial hypercholesterolaemia or specific medical advice should seek personalised guidance.
Lean Beef (5% fat)	26g	Excellent source of iron, zinc and vitamin B12. Choose lean cuts and enjoy in moderation.
Pork Loin	27g	Lean cut with good protein content. Trim visible fat before cooking. Pork takes the longest time in the stomach to digest.
Eggs	13g	High-quality complete protein and rich in nutrients including choline. Current evidence suggests eggs can be part of a healthy diet for most people, but those with certain cholesterol disorders may be advised to limit intake.
Greek Yogurt (0% fat)	10g	High in protein and calcium. Choose plain varieties to avoid added sugars.
Cottage Cheese	11-12g	High in casein protein, making it a good option for satiety and muscle recovery, but note casein can be hard to digest and cause bloating, gas and discomfort.
Skyr	11g	Thick Icelandic yogurt that is naturally high in protein and low in fat.
Milk (semi-skimmed)	3.5g	Provides protein, calcium and iodine. Useful in smoothies or porridge.
Whey Protein Powder	75-85g	Convenient way to increase protein intake when needed. Best used to supplement - not replace a balanced diet.

Note: Protein amounts vary depending on brand, portion size and cooking method, so use these figures as a helpful guide rather than exact numbers.

★ Liz's Tip

- Aim to include a source of high-quality protein at each meal to support muscle maintenance, recovery and healthy ageing.
- Avoid processed meats as much as possible as research shows that regular consumption significantly increases the risk of colorectal cancer, stomach cancer, and long-term cognitive decline
- Choose **fish, poultry and fermented dairy more often**, and enjoy **red meats less frequently**.
- Oily fish such as salmon, sardines and mackerel provide valuable omega-3 fats that support heart and brain health.
- Variety matters. Different protein sources provide different vitamins, minerals and healthy fats.
- Remember that **protein is only one part of the picture**. Build balanced meals with plenty of colourful vegetables, wholegrains, healthy fats and fibre to support overall health and longevity.

Note - While animal proteins are excellent sources of complete protein, research consistently shows that increasing the variety of plant-based proteins in your diet can benefit heart health, gut health and long-term longevity.

The next page highlights some of the best plant-based protein sources to include each week.

ELIZABETH NADINE

Don't just add years to your life - add life to your years.

Food	Protein (per 100g)	Fibre (per 100g)	Nutrition Notes
Tempeh	20g	6g	Fermented soy protein; rich in protein, fibre and gut-supportive nutrients.
Firm Tofu	13–16g	1–2g	Complete plant protein; versatile, low in saturated fat and useful for heart health.
Edamame Beans	11–12g	5g	Complete plant protein; rich in fibre, folate and minerals.
Lentils	9g	8g	Excellent source of fibre, iron and folate; great for heart and gut health.
Black Beans	8–9g	8–9g	Rich in fibre and plant compounds; supports fullness and blood sugar balance.
Chickpeas	8–9g	7–8g	Great for salads, curries and hummus; provides fibre, minerals and slow-release energy.
Quinoa	4–5g	3g	Complete protein grain; useful alternative to rice or couscous and higher in fibre.
Oats, dry	13g	10g	Rich in beta-glucan fibre, which supports healthy cholesterol levels.
Pumpkin Seeds	30g	6g	Protein-rich seed; good source of magnesium, zinc and healthy fats.
Hemp Seeds	31g	4g	Complete protein; contains healthy fats including omega-3 ALA.
Chia Seeds	17g	34g	High in fibre and omega-3 ALA; useful in porridge, smoothies or puddings.
Nutritional Yeast	45–50g	20g	High-protein seasoning; often fortified with B vitamins.
Green Peas	5g	5g	Higher in protein than many vegetables; also provides fibre and slow-release carbs.
Broccoli	3g	3g	Nutrient-dense vegetable rich in vitamin C, vitamin K and protective plant compounds.
Brussels Sprouts	3.5g	4g	Cruciferous vegetable rich in fibre and plant compounds that support overall health.
Spinach	3g	2g	Provides plant protein, iron, magnesium and antioxidants.
Kale	3g	3–4g	Nutrient-dense leafy green rich in vitamin K, vitamin C and protective antioxidants.
Asparagus	2.5g	2g	Provides fibre, folate and prebiotic compounds that support gut health.
Mushrooms	3g	1g	Useful savoury plant food; provides B vitamins and minerals.

★ Liz's Tip

Vegetables are not usually high-protein foods on their own, but they still contribute to your daily intake - especially when eaten regularly alongside beans, lentils, tofu, tempeh, wholegrains, nuts and seeds.

Plant-based proteins also provide fibre, vitamins, minerals and protective plant compounds that support gut health, heart health, recovery and long-term wellbeing - plants are super-duper foods.

Build Your Plate Properly

A simple way to make sure you're getting enough protein is to build each meal around a good protein source.

Aim for:

-  **½ plate** – Colourful vegetables or salad
-  **¼ plate** – Protein
-  **¼ plate** – Whole-food carbohydrates
-  **Add healthy fats** such as olive oil, avocado, nuts or seeds.

This simple plate method helps you create balanced meals that support energy, recovery, digestion and long-term health.

If you're vegetarian or plant-based, your plate may look slightly different because foods such as beans, lentils and chickpeas contain both protein and carbohydrates.

In that case, aim for:

-  **½ plate** – Colourful vegetables or salad
-  **⅓-½ plate** – Protein-rich plant foods such as tofu, tempeh, edamame, beans, lentils or chickpeas
-  **Remaining plate** – Whole grains or starchy vegetables, depending on your appetite, activity levels and goals.

Remember: The plate method is a simple guide, not a strict rule. Your portions may vary depending on your activity levels, appetite and goals. The key is to build balanced meals consistently rather than striving for perfection.

Protein Needs as we Age

From around the age of 40, we naturally begin to lose muscle mass and strength unless we actively work to maintain it. This gradual loss of muscle, known as **sarcopenia**, can affect strength, balance, mobility and independence as we get older.

Research also shows that as we age, our muscles become **less responsive to protein**, a process known as anabolic resistance. This means older adults often need **a little more protein**, alongside regular strength training, to stimulate muscle repair and maintenance.

For healthy, active older adults, aiming for **1.2–1.6 g of protein per kilogram of body weight each day** is widely recommended and can help:

- Maintain muscle mass
- Improve strength
- Support bone health
- Reduce the risk of falls
- Aid recovery from exercise
- Help maintain independence and quality of life

The good news is that it's never too late to benefit. Strength training combined with adequate protein intake is one of the most effective ways to support healthy ageing.

★ Liz's Tip

Rather than eating most of your protein at dinner, aim to spread it across the day as the body does not store protein like it does carbs and fats. Including **20–30 g of protein at each meal** gives your muscles regular opportunities to repair, recover and rebuild (plus keep you fuller for longer and help keep blood sugar levels balanced).

💡 Key Takeaway

Protein is one of the most powerful nutrients for healthy ageing.

Combined with regular strength training, eating enough protein can help you build and maintain muscle, recover more effectively, stay stronger for longer and support an active, independent life.

Understanding Carbohydrates

Carbohydrates are one of the body's three main macronutrients and are your preferred source of energy. They provide fuel for your brain, muscles and nervous system, helping you move well, think clearly and perform at your best.

The challenge isn't carbohydrates themselves - it's the type and amount we eat. Choosing mostly whole-food, minimally processed carbohydrates can support energy, recovery and long-term health.

Why Carbohydrates are Important

Carbohydrates help to:

- Fuel your workouts and everyday movement
- Replenish muscle glycogen (your body's stored energy)
- Support recovery after exercise
- Power your brain and nervous system
- Help maintain energy levels throughout the day
- Provide important fibre, vitamins and minerals (when choosing whole-food sources)



Simple vs Complex Carbohydrates

Carbohydrates are often divided into simple and complex carbohydrates.

Simple Carbohydrates (Refined)

Simple carbohydrates are quickly broken down into glucose, causing blood sugar to rise rapidly.

Examples include:

- White bread
- Cakes
- Biscuits
- Pastries
- Sugary breakfast cereals
- Sweets
- Soft drinks
- Fruit juice

These foods are often low in fibre and nutrients because much of the natural goodness has been removed during processing.

When eaten frequently or in large amounts, they can cause rapid spikes and crashes in blood sugar, leaving you feeling hungry sooner and making it easier to overeat.

Complex Carbohydrates (Whole Foods)

Complex carbohydrates contain more fibre and are digested more slowly, providing a steadier release of energy.

They are also packed with vitamins, minerals and plant compounds that support overall health.

Great choices include:

- Oats
- Brown rice
- Quinoa
- Sweet potatoes
- Potatoes (especially with the skin)
- Wholegrain bread and pasta
- Lentils
- Beans
- Chickpeas
- Fruit
- Vegetables

These foods help keep you fuller for longer while providing your body with sustained energy throughout the day.

Fibre Makes the Difference

One of the biggest differences between refined and whole-food carbohydrates is **fibre**.

Fibre slows digestion, helping glucose enter the bloodstream more gradually. This supports more stable blood sugar levels and provides longer-lasting energy.

Fibre also plays an important role in:

- Digestive health
- Feeding beneficial gut bacteria
- Supporting heart health
- Helping manage cholesterol
- Increasing feelings of fullness



Do You Need to Avoid Carbohydrates?

Absolutely not.

Carbohydrates are an essential fuel source - particularly if you're exercising regularly.

If your goal is to build strength, recover well and feel energised, carbohydrates work with protein to support muscle recovery and performance.

Rather than cutting them out, focus on choosing mostly whole-food carbohydrate sources and adjusting portions to suit your activity levels and goals.

Why Choosing Whole-Food Carbohydrates Matters

Choosing mostly whole-food carbohydrates helps provide a slower, steadier release of energy throughout the day.

This can help to:

- Maintain more stable energy levels
- Keep you feeling fuller for longer
- Reduce energy crashes and cravings
- Support digestive and gut health through fibre
- Promote heart health
- Help support healthy blood sugar control
- Fuel exercise and aid recovery

Remember: Not all carbohydrates are created equal. Lentils, beans, chickpeas, vegetables, fruit and whole grains all contain carbohydrates, but they also provide fibre, vitamins, minerals and plant compounds that support long-term health.

ELIZABETH NADINE

The relationship you have with yourself shapes every other relationship in your life. How are you nurturing yours today?

★ Liz's Tip

Don't fear carbohydrates - choose them wisely.

Aim for carbohydrates that come from nature rather than a factory. Pair them with a source of protein and healthy fats to create balanced meals that keep you satisfied and energised.

Aim to get most of your carbohydrates from foods that are as close to their natural state as possible. Izzy and I love sweet things, so we make healthy treats from whole foods, like oats, beans, seeds, nuts, dates etc, and that keeps us away from highly processed packaged treats (plus it's an enjoyable thing to do together). Check out our Black Bean Brownie Recipes on the Membership - they are our current favourite - so delicious and nutritious.

Build meals around vegetables, fruit, whole grains and legumes, and enjoy refined carbohydrates occasionally rather than making them the foundation of your diet.

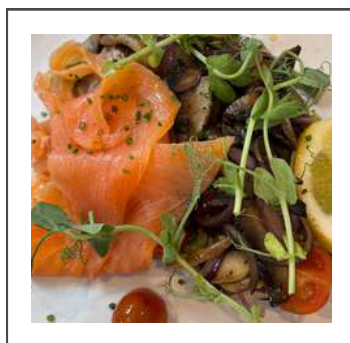
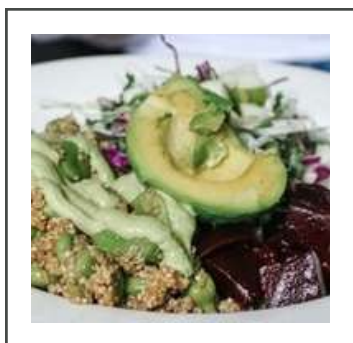
Small, consistent choices made over time will have a far greater impact on your health than striving for perfection.



Include Healthy Fats Daily

Healthy fats are an essential part of a balanced diet. They provide a concentrated source of energy and play a vital role in many of the body's functions.

Far from being something to avoid, the right types of fat support your health, recovery and long-term wellbeing.



Healthy fats help to support:

- Hormone production and balance
- Brain function and memory
- Heart health
- Healthy joints
- Skin and hair health
- Absorption of vitamins A, D, E and K
- Feeling satisfied after meals
- Healthy ageing and overall wellbeing

Aim to include a source of healthy fat with your meals each day.

Great Sources of Healthy Fats:

- Avocados
- Extra virgin olive oil
- Mixed nuts
- Nut butters
- Seeds (chia, flax, pumpkin and sunflower)
- Oily fish such as salmon, mackerel and sardines
- Olives
- Tahini

Healthy Fat Portion Guide

Healthy fats are incredibly nutritious, but because they are more energy-dense than protein or carbohydrates, it's helpful to be mindful of portion sizes. The amounts below are intended as a guide for one serving.

Food	Serving
Avocado	¼–½ medium avocado
Olives	8 - 10 olives
Mixed nuts	Small handful (25 - 30g)
Nut butter	1 tablespoon (approx. 15g)
Seeds (chia, flax, pumpkin or sunflower)	1 - 2 tablespoons
Extra virgin olive oil	1 tablespoon
Tahini	1 tablespoon
Oily fish (salmon, mackerel or sardines)	100 - 120g cooked

Remember: You don't need to include every healthy fat every day. Simply aim to include **one source of healthy fat** as part of your balanced meals.

★ Liz's Tip

Healthy fats work beautifully alongside protein and fibre-rich foods to create balanced, satisfying meals.

For example:

- Greek yoghurt with berries and chopped nuts
- Wholegrain toast with avocado
- Salmon with roasted vegetables
- Apple slices with peanut butter
- A colourful salad topped with seeds and extra virgin olive oil

Don't be afraid of healthy fats. They don't cause weight gain on their own - eating more calories than your body needs over time does. Including healthy fats can actually help keep you fuller for longer, making healthy eating easier to maintain.

Focus on Whole Foods (But Stay Realistic)

One of the simplest ways to improve your nutrition is to choose foods that are as close to their natural state as possible.

Whole foods are generally richer in fibre, vitamins, minerals and beneficial plant compounds than highly processed foods. They provide your body with the nutrients it needs to function, recover and thrive.

Aim for around **80–90%** of your diet to come from nutritious whole foods such as:

- Vegetables
- Fruit
- Beans and lentils
- Whole grains
- Quality protein sources
- Nuts and seeds
- Healthy fats

That doesn't mean you can never enjoy a slice of cake, a takeaway or a meal out with friends.

Healthy eating isn't about being perfect - it's about being consistent.

The occasional treat won't undo your progress, just as one healthy meal won't transform your health overnight. What matters most is what you do **most of the time**.



★ Liz's Tip

Rather than asking yourself, "*Is this food good or bad?*" ask, "*Is this helping to nourish my body today?*"

Every meal is an opportunity to support your health. Make choices that leave you feeling energised, satisfied and able to enjoy life - but remember that flexibility is part of a healthy lifestyle too.

Aim for progress, not perfection. Build habits you can enjoy and maintain for years to come.

💡 Key Takeaway

Healthy eating doesn't have to be complicated. Focus on eating plenty of whole foods, include protein with every meal, choose healthy fats, fill half your plate with vegetables and enjoy everything else in moderation. Small, consistent choices will always outperform short-term perfection.



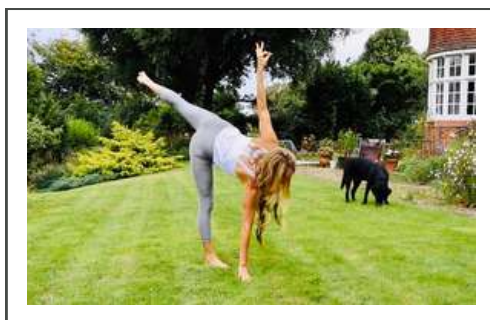
Eating to Reduce Inflammation & Support Longevity

Inflammation isn't always a bad thing. In fact, it's an essential part of your body's natural healing process.

When you cut your finger or catch a virus, inflammation helps your body repair damaged tissue and fight infection.

The problem occurs when inflammation becomes chronic - a low-grade, ongoing state that can develop over many years. This type of inflammation has been linked to many health conditions, including heart disease, type 2 diabetes, arthritis, obesity and some forms of dementia.

The good news is that many of our everyday lifestyle choices can help reduce unnecessary inflammation and support long-term health.



Why it Matters

A healthy lifestyle that includes nutritious food, regular movement, good sleep and stress management can help support your body's natural inflammatory balance.

Reducing chronic inflammation may help to:

- Improve energy levels
- Support joint health and mobility
- Aid recovery from exercise
- Support heart health
- Improve gut health
- Support healthy brain function
- Reduce the risk of many chronic diseases
- Promote healthy ageing and longevity

Foods That Help Reduce Inflammation

Aim to include plenty of these foods throughout the week:

 Colourful Vegetables	 Fruit
Aim to "eat the rainbow" by including a wide variety of colours. Examples include: - Broccoli - Spinach - Kale - Carrots - Tomatoes - Peppers - Beetroot - Red cabbage - Sweet potatoes	Berries are rich in antioxidants. Examples include: - Blueberries - Strawberries - Raspberries - Blackberries - Cherries - Oranges - Apples - Kiwi fruit
 Beans & Lentils	 Healthy Fats
Excellent sources of fibre and plant nutrients. Examples include: - Lentils - Chickpeas - Black beans - Kidney beans - Butter beans - Cannellini beans	Choose unsaturated fats regularly. Examples include: - Extra virgin olive oil - Avocados - Walnuts - Almonds - Chia seeds - Flaxseeds - Pumpkin seeds
 Omega-3 Rich Foods	 Whole Grains
Omega-3 fats are particularly well researched for supporting heart and brain health. Choose: - Salmon - Mackerel - Sardines - Herring If you don't eat fish, consider discussing an algae-based omega-3 supplement with a healthcare professional.	Choose minimally processed grains where possible. Examples include: - Oats - Brown rice - Quinoa - Wholegrain bread - Wholegrain pasta

 Herbs & Spices	 Drinks
Many herbs and spices naturally contain beneficial plant compounds. Try using: - Turmeric - Ginger - Garlic - Cinnamon - Rosemary - Oregano - Basil - Parsley	Good choices include: - Water - Green tea - Herbal teas

Foods to Enjoy Less Often

No food needs to be completely off limits but try to limit foods that are highly processed or high in added sugar.

Examples include:

- Sugary drinks
- Sweets and confectionery
- Cakes and pastries
- Crisps
- Fast food
- Processed meats
- Excessive alcohol

Remember, it's your overall eating pattern that matters - not the occasional treat.

Lifestyle Matters Too

Nutrition is just one piece of the puzzle.

Other habits that help support a healthy inflammatory balance include:

- Regular exercise
- Strength training
- Good quality sleep
- Maintaining a healthy body weight
- Spending time outdoors
- Managing stress
- Staying hydrated

★ Liz's Tip

Don't focus on trying to eliminate every unhealthy food.

Instead, focus on adding more foods that nourish your body.

When you fill your plate with colourful vegetables, quality protein, healthy fats and whole foods, you're naturally crowding out less nutritious choices without feeling restricted.

💡 Key Takeaway

An anti-inflammatory lifestyle isn't about following another diet. It's about building simple daily habits that nourish your body, support recovery and help you stay strong, healthy and active for years to come.



The Importance of Sleep

When people think about improving their health, they often focus on exercise and nutrition - but sleep is just as important.

Sleep is when your body repairs, restores and recovers. It's during sleep that muscles rebuild after exercise, hormones are regulated, memories are consolidated and your brain and body prepare for the day ahead.

You can eat the healthiest diet in the world and train consistently, but without enough quality sleep, your results will be limited.

Think of sleep as one of the most powerful recovery tools available - and it's completely free.

Why Sleep Matters

Getting enough quality sleep supports almost every system in the body.

Good sleep helps to:

- Repair and build muscle after exercise
- Improve strength and exercise performance
- Support healthy hormone balance
- Boost your immune system
- Improve concentration, memory and mood
- Help regulate appetite and food choices
- Support a healthy metabolism
- Reduce stress and aid recovery
- Promote long-term health and healthy ageing

Adults should generally aim for **7-9 hours of quality sleep** each night, although individual needs can vary.

When Sleep Is Lacking

Even one or two poor nights of sleep can affect how you feel and perform.

Regularly missing out on sleep may lead to:

- Lower energy levels
- Reduced exercise performance
- Slower muscle recovery
- Increased cravings, particularly for sugary and high-fat foods
- Reduced concentration and productivity
- Poor mood and increased stress
- Weakened immune function
- Greater risk of illness and injury over time

When we're tired, we're also far more likely to skip exercise, reach for convenience foods and make choices that don't align with our goals.

A Simple Approach to Better Sleep

Improving your sleep doesn't have to be complicated. Small habits can make a big difference over time. If you struggle to sleep well, practise good sleep hygiene.

Try to:

- Go to bed and wake up at a similar time each day.
- Create a relaxing bedtime routine.
- Reduce screen time for 30–60 minutes before bed if possible.
- Keep your bedroom cool, dark and quiet.
- Limit caffeine later in the day.
- Avoid large meals and excessive alcohol close to bedtime.
- Get outside in natural daylight during the morning.
- Exercise regularly but allow time to wind down before sleep, or do some relaxing yoga and Pilates.

Remember, improving your sleep is a gradual process. Focus on making one or two positive changes at a time.

★ Liz's Tip

Think of sleep as part of your training plan - it is vitally important for recovery and also in your ability to mentally show up for your workouts. When you have sufficient and good quality sleep it is so much easier to stick to your plans and goals - trying to convince a tired body and mind takes a lot of energy and often we don't put as much into our workouts when we are tired.

Also, it's important to remember that doing the strength training is not when we get stronger - it is whilst we are recovering that the body builds that muscle and repairs - via the protein and nourishment you feed your body and the sleep, rest and recovery that you give yourself.

If you are someone who does not prioritise and respect the need for sleep, think of every good night's sleep is an investment in your energy, strength, health and longevity - an investment into your health pension!

My sleep routine:

- Magnesium glycinate after dinner
- Gentle evening stretching or yoga
- Reading instead of scrolling before bed
- A cool, dark bedroom
- Gratitude practice and setting intention for tomorrow
- Consistent bedtime and wake time

💡 Key Takeaway

Training provides the stimulus. Nutrition provides the fuel. Sleep is where your body repairs, adapts and grows stronger.

Don't underestimate the power of a good night's sleep. Consistently getting enough quality sleep is one of the simplest and most effective ways to improve your energy, recovery, strength and long-term health.

There Is No One-Size-Fits-All Approach

While nutritional principles provide an excellent foundation, there is no single way of eating that works for everyone.

We are all unique. Our genetics, lifestyle, activity levels, age, health, preferences and goals all influence what feels and works best for us. The purpose of this guide isn't to give you rigid rules to follow - it's to help you understand the principles of good nutrition so you can make informed choices with confidence.

One of the most valuable skills you can develop is learning to listen to your own body.

Pay attention to how different foods make you feel.
Notice your:

- Energy levels
- Digestion
- Hunger and fullness cues
- Mouth hunger or true stomach hunger
- Mood and concentration
- What wants you to keep going back for more
- Exercise performance
- Recovery after training
- Sleep quality

Over time, these signals will help you discover what truly works for you.



The Lesson That Changed Everything

My own health journey taught me one of the most valuable lessons I've ever learned.

For years, I blamed my body.

I was frustrated by thinning hair, acne, bloating, IBS and not feeling my best. I thought these things were simply bad luck or something I just had to live with.

Then I had a moment of clarity that completely changed the way I thought about health.

I realised my body wasn't letting me down.

It was simply responding to the environment I was creating for it. My hair wasn't thinning for no reason - it wasn't getting all the nutrients it needed to thrive.

My skin wasn't "bad" - it was responding to hormonal imbalances, too many highly processed, high-glycaemic foods and a lack of the nourishment it needed.

My digestion wasn't trying to make life difficult. Years of rushing meals, eating on the go, living with stress and choosing foods that didn't agree with me were all contributing to the bloating and IBS I experienced.

My energy wasn't low because I was lazy - my body simply needed better fuel, more movement, more recovery and more care.

That shift in thinking changed everything.

Instead of criticising my body, I became curious about it.

Instead of asking, **"What's wrong with my body?"** I started asking, **"What is my body trying to tell me?"**

I've spent many years studying nutrition, movement and wellbeing, learning from leading experts, reading extensively and continually expanding my knowledge. But some of the greatest lessons have come from paying attention to my own body and understanding how brilliantly it responds when it's given what it truly needs.

I learned that eating enough protein mattered. That choosing more whole, minimally processed foods made a difference. That slowing down to eat, chewing properly and managing stress could be just as important as what I was eating. And that my body wasn't working against me - it was doing its very best with the information and nourishment I was giving it.

That experience continues to shape the way I eat, the way I move and the way I teach today.

My hope is that this guide helps you make that same shift - from fighting against your body to working with it.

Because your body is incredibly intelligent. It is adapting every single day to the choices you make.

When you nourish it well, move it regularly, allow it to recover and treat it with kindness, it has an amazing capacity to become stronger, healthier and more resilient.

Your body is always communicating with you.

The question is - are you listening?



Putting it into Practice

By now, you have the knowledge and the foundations.

But knowledge only changes your life when you put it into practice.

The goal isn't to overhaul your diet overnight or strive for perfection. Instead, choose one or two habits to focus on and allow them to become part of your everyday life.

Small, consistent choices, repeated over time, are what create lasting health. As you move through the Pilates with Weights Programme, remember that every choice you make is teaching your body how to adapt.

Every protein-rich meal helps support stronger muscles.

Every colourful plate provides nutrients your body relies on.

Every workout challenges your bones and muscles to become stronger.

Every good night's sleep allows your body to repair and recover.

Every glass of water helps every cell in your body function at its best.

These choices may feel small today, but over weeks, months and years they become the foundation of your future health.

Keep Coming Back to These Principles

- Prioritise protein.
- Fill half your plate with colourful vegetables.
- Choose mostly whole, minimally processed foods.
- Include healthy fats.
- Stay well hydrated.
- Prioritise sleep and recovery.
- Move your body regularly.
- Enjoy food without guilt and allow flexibility.

Healthy living isn't about being perfect. It's about consistently making choices that help your body become stronger, healthier and more resilient.

Create habits that nourish your body, fit your lifestyle and can be maintained for years to come - that's all within your control and only **you** can become the **master of you!**

★ Liz's Tip

Whenever you're unsure what to do, ask yourself one simple question:

"What does my body need from me today to help it be it's best?"

That single question has guided my own health journey more than any diet ever has.

💡 Key Takeaway

Your body is adapting to the choices you make every single day. Give it the movement, nourishment, recovery and kindness it needs, and it has an incredible ability to become stronger, healthier and more resilient.

There is no one-size fits all perfect diet - only the one that helps you feel healthy, energised and strong. Learn the principles, listen to your body, stay consistent and remember that long-term success comes from the habits you can enjoy and maintain for life.

A Note on Supplements

People often ask me whether I recommend supplements such as collagen or creatine. My answer is that supplements should do exactly what their name suggests – supplement a healthy diet, not replace it. I always encourage a food-first approach, focusing on eating a balanced diet rich in whole foods, quality protein, healthy fats and plenty of colourful fruit and vegetables. However, there are times when certain supplements can be beneficial.

Creatine is one of the most well-researched supplements available. It has consistently been shown to support strength, power, muscle maintenance and recovery when combined with resistance training. Research also suggests it may support cognitive function and healthy ageing, making it particularly interesting for adults as we get older. A typical maintenance dose is 3–5 g of creatine monohydrate per day, and it does not need to be cycled. Many active adults, particularly those over 40 who strength train, may benefit from it, but whether it's appropriate depends on the individual.

Collagen may help support healthy joints, tendons, ligaments and skin. While it is not a complete protein and should not replace dietary protein, some studies suggest that taking 10–15 g of hydrolysed collagen daily, ideally alongside a source of vitamin C, may support collagen production and connective tissue health, particularly when combined with regular exercise.

If you choose to take supplements, look for products from reputable manufacturers that are independently tested for quality and purity. Third-party certifications such as Informed Sport, Informed Choice or NSF Certified for Sport provide extra reassurance that a product contains what it says on the label and has been screened for contaminants. Remember, even the highest-quality supplement cannot replace the foundations of good health: regular exercise, nourishing food, quality sleep and healthy lifestyle habits.

★ Liz's Tip

If you'd like to know which supplements I personally use and trust, please just ask me. I would also recommend you talk to your GP, pharmacist or a registered dietitian if you have any medical conditions, are pregnant, breastfeeding or take medication, before taking supplements.

Final Thoughts

Thank you for taking the time to read this guide.

I hope it has given you the confidence to see nutrition not as a set of complicated rules, but as one of the most powerful tools you have to support your health. I also hope that you have started to see your body differently and that your body **is always adapting to the life that you give it.**

Remember that your body is your lifelong home. The relationship you build with it today will shape how you move, feel and live for decades to come. You don't need to be perfect, you simply need to make choices that consistently move you in the right direction. Every nourishing meal, every strength workout., every walk, every stretch, every good night's sleep, every moment you choose to look after yourself. They are all investments in the future version of you.

Because the strongest, healthiest version of yourself isn't created by one perfect week. It's created by thousands of small choices, repeated with intention over a lifetime.

Thank you for trusting me to be part of your journey.



Here's to building a stronger relationship with your body - and enjoying all the freedom, confidence and health that comes with it.

Your future health is being shaped by the choices you make today.

Treat your body like someone you love.

It will look after you for the rest of your life.

Liz x

Important Information

This guide is intended for educational purposes only and is not a substitute for personalised medical or nutritional advice.

I am not a registered nutritionist or dietitian. The information provided is based on my experience, ongoing education and research in the fields of health, fitness and wellbeing.

If you have any underlying health conditions, are taking medication, or have specific dietary requirements, you should consult with a qualified healthcare professional before making significant changes to your diet or lifestyle.

By following this guidance, you take full responsibility for your own health and wellbeing.

Any questions, please do get in touch.

Books & Resources That Have Inspired my Approach

The philosophy shared throughout this guide has been shaped by my own personal health journey, over 17 years of teaching Pilates and yoga, ongoing education, and learning from many respected experts in the fields of nutrition, movement, health and longevity.

Below are just some of the books and resources that have inspired my thinking over the years. While I don't necessarily agree with every opinion or recommendation in every book, each has contributed valuable insights that have helped shape the balanced approach to health and wellbeing that I share with my clients today.

- Why We Eat (Too Much) - Dr Andrew Jenkinson
- The Glucose Goddess Method - Jessie Inchauspé
- How Not to Die - Dr Michael Greger
- Eat to Beat Disease - Dr William Li
- The Plant-Based Diet for Beginners - Gabriel Miller
- Research and guidelines from organisations such as the NHS and ACSM
- The Holford Low GL Diet Bible - Patrick Holford
- Evidence-based resources on PCOS and hormonal health
- Optimum Nutrition Bible - Patrick Holford
- Food Rules - Michael Pollen
- Young Forever - Dr Mark Hyam
- 10 Years Younger Nutrition Bible - Nicky Hambleton-Jones
- Outlive - Dr Peter Attia
- The China Study - Dr T. Colin Campbell
- Forks Over Knives - Gene Stone, T. Colin Campbell & Caldwell B. Esselstyn

ELIZABETH NADINE

Train because you love your body, not because you dislike it.