

Wellness

Fitt releases new therapy room and extends the range of treatments

JAZMÍN CASTRESANA - 09/07/2010

Fitt customers enjoy July with the premiere of a new therapy room and the expansion of the range of treatments.

A proposal for an excellent massage (therapeutic, sports and lymphatic drainage, etc.) for this season includes Fitt Corporal Regeneration ", " Firming Treatment, " " Facial antiaging ", " Body Scrub "and" Natural Facial Therapy. "



Moreover Fitt underlines in the list of suggestions for this summer's six steps recommended by Anna Alexandre, the nutrition coach, which aims to feed "the body and mind."

Recommended steps:

1. Drinking Water. Drink 8-10 glasses of water a day trying to replace caffeine for water and tea.
2. Eat lots of fruits and vegetables. Enjoy 3 pieces of fruit and 5 servings of vegetables a day, choosing bright colors high in antioxidants.
3. Small, frequent meals. Eating frequently throughout the day to maintain active metabolism, making frequent small meals and regulates levels of sugar in the blood and promotes good digestion.
4. Limit excess intake of carbohydrates. Limit starchy carbohydrates such as bread, pasta and rice. Also, having a responsible use of hidden sugars found in flavored yogurt, juices and sauces.
5. Pay attention to fat. Limit saturated fats found in meat and dairy products, and choosing vegetable fats such as nuts, raw seeds and avocados.
6. Eat fiber. Consume between 25-30gm of fiber per day. The fibers help regulate intestinal transit and reduce cholesterol.

Tell me what you eat and I'll tell you who you are What we eat affects your

energy, mood and performance!

Once again, thank you for choosing Entrenament FITT Personal & Rebuilding.

FITT

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