



THE POWER OF PROTEIN

'A common misconception is that we don't eat enough protein,' says Asda nutritionist Sophie Rose. 'UK diets are actually hitting the protein mark.' Proteins are made from small building blocks called amino acids and various foods provide different types. 'Incorporating more plant-based proteins, alongside animal proteins, is good for us and the planet*,' adds Sophie. "The "Eatwell Guide" suggests eating more beans, pulses and nuts, two portions of sustainably sourced fish per week (one oily) and having less red and processed meat.'



GET DOWN THE GYM!

Whether you're already an experienced gym-goer or a total fitness novice, your workout mojo can go missing after the festive break. Re-engage with your enthusiasm for exercise – try joining a gym class where there are experts on hand. Getting advice on your correct form and technique, along with the support of like-minded individuals who have similar goals, are just a few of the benefits of joining a gym class. You can also get fit at home – the internet has many online classes. And you can set up your own home gym too – see page 80.



4 ways to beat SAD

The "winter blues", "winter depression" or SAD (Seasonal Affective Disorder) is a very real thing. The dark and cold leaves some of us feeling low, lethargic and unmotivated. If you're susceptible, the good news is that there are guidelines to help you self-care your way out of a slump. Try some of these mood-boosting tips to help get you back to a feel-good place.

1 HEAD OUTSIDE

Sunshine and fresh air can do wonders for your mood, as can getting out in nature¹.

2 GET PHYSICAL

Walking, running, swimming, yoga – whatever you prefer – can elevate your mood in just 10 minutes².

3 PHONE A FRIEND

Chatting with a close companion or loved one can help you feel supported – you're not alone.

4 'YOU' TIME

Take a long bath, cook a delicious meal, snuggle up with a film, paint a picture, write a journal – set aside time for whatever it is that you truly enjoy doing³.

GET A HAPPY HABIT

Beth Frances is a long-term smoker who after 20 years gave up when her daughter became pregnant. Before this, Beth had tried and failed to quit many times – but the prospect of a first grandchild was enough to help kick her habit once and for all. 'I didn't want to be one of those grandmothers who couldn't keep up with her grandchildren at the park,' says Beth. 'At first I managed to cut down with the use of "stop smoking aids", but eventually I was able to cut these out too.' Beth also started writing a daily journal, at first to track her progress, but this became a new habit – and a much better one than smoking. 'Quitting was the best decision I've ever made. My granddaughter is now a one-year-old and I love taking her for a stroll!'



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WORDS COLETTE EARLEY

Help beat those winter colds

With colds in abundance, we can all benefit from stocking up on vitamins. Choosing supplements can be daunting, but newbies can start here: Vitamin C supports your immune system^o and helps keep teeth, gums and skin healthy, and Vitamins B2 and B3^h help reduce tiredness and fatigue. Take advantage of our 3 for 2 offer^d across all vitamins and minerals too.



Images: Getty Images

¹See www.gov.uk for more information on protein and diet from the 'National Diet and Nutrition Survey (NDNS) Years 1-4 Combined', and the 'Eatwell Guide' from Public Health England. ²Recommendations from NICE (the National Institute for Health and Care Excellence). ³NHS England, www.nhs.uk/live-well/exercise. ⁴For accessible advice on support for depression go to www.mind.org.uk Vitamins and health supplements from £1.50. ^oCheapest item free. Selected lines. ^hVitamin C contributes to the normal function of the immune system; ^hNiacin and Riboflavin contribute to the reduction of tiredness and fatigue.