**Tip of the week “Super foods”**

This week’s tip focuses on filling up on some super foods and nourishing your body from the inside out!

Along with regular exercise, another essential strategy for staying healthy is PROPER nutrition. With that in mind here is a list of some “super foods” for you to include on your shopping list:

* Lemons (increase bone strength)
* Blueberries (high in antioxidants & help reduce belly fat)
* Avocado (helps prevent cancer, arthritis, eye problems & skin disorders)
* Parsley (rich in vit C, beta-carotene, folic acid, chlorophyll & iron)
* Almonds (great for heart health & blood sugar levels)
* Kale (high in vits A, C, K, manganese, antioxidants & fibre)
* Olive oil (slows down the ageing process & helps create a glowing complexion)
* Spinach (helps maintain good vision, healthy bones, blood pressure, immunity, skin, brain & nervous system)