

ENERGISE YOUR MIND

It's exam season in May with SATS – GCE and GCSE all looming. Also 11 year olds at Rowledge School are doing SATS so this can be a stressful time for parents and students alike. The pressure is on to hit those grades but did you know that your diet and lifestyle can affect your exam performance?

A Surrey Pilates relaxation expert Hannah Epps says the right nutrition and exercise plans can energize your mind and body to sustain you through the long revision hours - sharpen your memory, improve concentration and boost confidence. However the wrong dietary choices can potentially put you at a disadvantage.

Hannah Epps says, "Food and drink can have a huge effect on your body and mind, choose the wrong meals and you can become sluggish and tired, but if you give your brain the right nutrients, you will be able to think quicker, have a better memory, be better coordinated and have improved concentration."

"The key to boosting your brainpower and keeping your brain healthy are nutritious foods, water and oxygen."

Here are some tips on how to stay energised:

1. Stay Away From Caffeine

Drinking energy drinks like Red Bull or high amounts of tea and coffee will give you a short burst of energy but will burn out and give you a sugar crash.

2. Keep Your Body Hydrated

Herbal drinks and water hydrate your brain and gets it to function at optimum level, delivering nutrients to the brain and eliminating toxins. It is essential for concentration and mental alertness.

3. Avoid Snacking On Junk Food Or Ordering Takeaways

A lot of students will make this mistake because they spend lots of time on food preparation, but these quick fixes are just short cuts to failure. A long exam is like a mental marathon so endurance is crucial and having the right diet is a no-brainer.

4. Get a Good Night's Sleep

Cramming a week's worth of revision into one night is never a good idea. You'll get much more benefit from a solid 8 hours sleep

5. Exercise

Exercise can help boost energy levels, clear the mind and relieve stress, do some yoga or Pilates to relax. For example Pilates breathing can help before and in an exam to calm your nervous system down and help you concentrate – all you need to do is breathe wide and full into your rib cage. Pilates is a holistic exercise system designed to elongate, strengthen and restore the body to balance; so much more than just building a 'strong core' or 'perfect posture'. But certainly if you are hunched over a desk it will give you shoulder and lower back aches. It will also increase flexibility and mobility, posture, muscles strength and coordination - Just come and try and you will feel the benefits hannah@farnhampilates.com