



The dietitian

Julie Meek *dietitian, performance specialist and professional speaker*

Why did you decide on your chosen career?

I am a dietitian, performance specialist and professional speaker and I work with businesses, teams and schools to enhance their daily performance through nutrition and health. I work to increase productivity, profit, improve health, excel at exams or achieve their personal best time. I decided I wanted to help people be their best through food when I was 14 years old, I just didn't know what it was called. I love what I do and am passionate about empowering people to be their best.

What's a normal day in your life?

I usually get up around 5.45am and go for a run along the coast or do a pump class for approximately an hour. I have three children aged six, four and three, so when I get home it's all go and straight into preparation for the day. My working life is varied. I could be presenting, preparing, writing articles, meeting with clients, coaching executives or writing my book. I work for about three

to four hours a day and I am a full-time mum. I try to go to bed around 10.30pm and six to seven hours of sleep suits me best.

What's the best tip you've picked up and practice that improves your way of living?

Don't be fanatical. It is so important to eat well and exercise but there is no gain from being inflexible and rigid in your beliefs and practices. I have learnt excellent health and wellbeing can still be achieved even if you indulge yourself now and then with chocolate or with your favourite treat. Design your everyday life so that exercise becomes a routine that you schedule in as a priority. I think talking to people about nutrition and performance regardless of their goals has a much greater impact if the message is realistic and easy to achieve.

What's your exercise/fitness philosophy?

I cannot live without exercise. It is integral to me that I spend around an hour a day exercising. Not only is it fantastic for my physical wellbeing but a key for mental health and strength. I think it is important to be a good role model for your children.

What are the mainstays in your beauty bag – what products can't you live without?

Moisturiser with SPF 30 sunscreen (Clinique Tinted Moisturiser with SPF 30), MD Formulations Facial Cleanser with Glycolic, Dr LeWinns Eye Gel, Maybelline Extra Lash Mascara and Blistex Lip Balm

What is your favourite way to treat yourself?

My favourite way to treat myself is to have a facial – it is so relaxing. Because I don't get to do that very often, my weekly favourite on a Saturday morning is to go for a walk for an hour with friends and then enjoy breakfast and a chat with them afterwards. It is a weekly ritual I can't do without.

Take us through a typical day of your diet

My day starts with a Yakult with a fish oil tablet each morning with a glass of water. Breakfast is half a cup of rolled oats with a cup low fat milk and six prunes. Lunch is an English muffin or a slice of wholegrain toast with either a cup of baked beans, 100g tuna, two eggs or 40g reduced fat cheese and one to two cups of salad. Dinner is 150g of lean meat, chicken or fish, at least two cups of vegetables or salad. Desserts or snacks are eaten only if I am hungry between meals and are 200g tub of yoghurt or a piece of fruit. I have plenty of water and between one and three cups of coffee or tea a day.