

PICK-ME-UP IN A POT

Powering through the afternoon slump is a must for the active man, but a quick sugar-fix is a fast track to weight-gain. *Total's* range of low-fat yoghurts are a healthy way to finish each day as strongly as you started it

You loaded up for the long day ahead with a high-GI, low-fat breakfast. You downed a whey protein shake mid-morning and then another after the gym, before tucking into a muscle-building lunch of chicken and pasta back at your desk. So far, so healthy. You have fuelled your body with energy, stacked your muscles with everything they need to repair and stayed off sugar and fat to keep yourself lean.

But then 4pm rolls around. After a hectic morning and a heavy workout, an afternoon dip in your energy levels is as inevitable as the office air-conditioning packing up. When your body runs out of gas it wants the quickest top-up possible. Beware of sugary snacks, they can blow a whole day of hard work and healthy nutrition.

Instead, try *Total* Greek yoghurt: the instant way to turn your afternoon slump into an energy boom. Available in 0% or 2% fat, each pot of natural, thick-textured goodness is free of added sugars and, according to a University of California study, 50% higher in protein than a normal fruit-flavoured yoghurt. So one pot will keep you fuller for longer than the spike of a carbohydrate snack or the crash of a fat-filled indulgence, and provide you with an entire afternoon of the *Total* energy your body really craves.



Five ways to beat the afternoon slump

WALKIT OFF A brisk, five minute walk will boost oxygen levels in the blood to prevent mental and physical fatigue and also release feel-good endorphins to improve your mood.

COOL UP A glass of cold water is about more than a break from your desk. Staying hydrated enhances alertness and keeps your metabolism fired to burn more fat.

SWEET SUCCESS A healthy snack with natural sugars will satisfy your body's natural need for instant energy. *Total* 2% with honey is convenient, tasty and packed with protein.

STRETCH IT OUT Stretching the muscles in your arms and shoulders after spending all day hunched over a keyboard encourages good circulation to improve alertness and concentration.

THINK AHEAD A breakfast based on fibre and protein will ensure you have energy supplies for the entire day. Try adding a tub of *Total* 0% to some granola or wholegrain cereal.

To find out more about *Total* and for more snack ideas visit totalgreekyoghurt.com

