



Healthy Habits

We all know it's rare to find an 8 year old who loves broccoli and brussel sprouts, and there are plenty of adults who despite understanding the benefits of a green and vegetable filled diet, view them as a necessary evil. But don't worry, there's a good chance that you will learn to like them as you get older.

Biologically our taste preferences change with age and research has shown that changes in taste are in service of energy needs. When you're younger and growing, you need to maximize energy. You need sugar and fat, and your body is better able to

utilise additional fats and sugars. As you become older and less active, however, your energy needs decline, leading you to prefer low-calorie foods like spinach and grapefruit.

Healthy lifestyle and habit changes don't always come so naturally, but if you wait it may never happen. Converge International's consultants have assisted tens of thousands of people to make life changing behavioural change. If you think that you could do with some help... **call Converge International on 1300 687 327 to arrange a free and confidential appointment.**

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