

F i t n e s s
CHIX

Anti-inflammatory foods



What helps?



VISIT OUR WEBSITE - [FITNESSCHIX.COM](https://www.fitnesschix.com)

INSTAGRAM - [@FITNESSCHIXUK](https://www.instagram.com/fitnesschixuk)

F i t n e s s **CHIX**



About us . . .

FITNESS CHIX IS ABOUT STRENGTH, CONDITIONING, MOBILITY & MINDFULNESS.

WE OFFER ONLINE TRAINING PROGRAMS TO DO IN THE COMFORT OF YOUR OWN HOME.

PROGRAMS INCLUDE TARGETING SPECIFIC ELEMENTS OF YOUR TRAINING TO ACHIEVE YOUR GOALS

Our Mission . . .

OUR AIM IS TO ENCOURAGE YOU TO STRENGTHEN YOUR BODY, CULTIVATE YOUR MIND, AND ADOPT SKILLS THAT SUIT YOUR LIFE



Our Philosophy. . .

BY CULTIVATING YOUR PURPOSE IN LIFE, IDENTIFYING WHAT YOU WANT, ADJUSTING YOUR HEALTH AND WELLBEING TO SUIT WILL AUTOMATICALLY FALL INTO PLACE

Our Mantra. . .

UNLEASH YOUR INNER GODDESS



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What Our Clients say

TULSHI GOT ME THROUGH SOME OF THE HARDEST TIMES IN MY LIFE MENTAL HEALTH WISE WITH HER SUPPORT, DURING PANIC ATTACKS. WITHOUT TULSHI I WOULDN'T HAVE THE POSITIVE RELATIONSHIP WITH EXERCISE I DO NOW AND AM NOW MORE COMFORTABLE TO WORK OUT



I THOROUGHLY RECOMMEND TULSHI AS A COACH AND AN OVERALL ASSET TO ANY FITNESS GOALS YOU MAY WANT TO ACHIEVE.

I'D BEEN TRYING TO OVERCOME PREVIOUS INJURIES AND SHE HAD CREATED A PROGRAMME TO MAKE THESE A THING OF THE PAST. TULSHI MADE THE SESSIONS VARIED, ENJOYABLE AND CONSTANTLY DEVELOPING.



'AFTER YEARS OF NEGLECTING BOTH MY PHYSICAL AND MENTAL HEALTH, AND HATING WHAT I SAW IN THE MIRROR; I FINALLY DECIDED IT WAS TIME TO MAKE SOME HUGE CHANGES. TULSHI HAS BEEN A HUGE MOTIVATOR AND INSPIRATION WITH ALL HER POSITIVITY AND SUPPORT!

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Importance of anti-inflammatory foods



INFLAMMATION HELPS THE BODY FIGHT
ILLNESS & PROTECTS IT FROM HARM.

CRUCIAL FOR HEALING

THERE IS EVIDENCE THAT DIETARY
CHOICES MAY HELP MANAGE THE
SYMPTOMS OF VARIOUS DISEASES,
SUCH AS PSORIASIS, RHEUMATOID
ARTHRITIS, AND ASTHMA

AN ANTI-INFLAMMATORY 'DIET' FAVORS
FRUITS AND VEGETABLES, FOODS
CONTAINING OMEGA-3 FATTY ACIDS,
WHOLE GRAINS, LEAN PROTEIN,
HEALTHFUL FATS, AND SPICES.

IT DISCOURAGES OR LIMITS THE
CONSUMPTION OF PROCESSED FOODS, RED
MEATS, & ALCOHOL.

Fitness CHIX

anti-inflammatory foods

COLOURFUL BERRIES

BERRIES OF EVERY COLOUR, INCLUDING GRAPES & CHERRIES

PACKED WITH VITAMINS (INCLUDING C)
MINERALS (INCLUDING MAGNESIUM)

BERRIES PROVIDE ANTIOXIDANTS KNOWN AS ANTHOCYANINS.

THESE COMPOUNDS MAY REDUCE INFLAMMATION, BOOST IMMUNITY, AND REDUCE YOUR RISK OF HEART DISEASE.



FATTY FISH

A RICH SOURCE OF PROTEIN

SALMON, SARDINES, HERRING & MACKEREL

FATTY FISH BOAST HIGH AMOUNTS OF THE OMEGA-3 FATTY ACIDS EPA AND DHA, WHICH HAVE ANTI-INFLAMMATORY EFFECTS.

BROCCOLI

VERY NUTRITIOUS

BRUSSEL SPROUTS, KALE & CAULIFLOWER ARE ALL CRUCIFEROUS VEGETABLES

BROCCOLI IS ONE OF THE BEST SOURCES OF SULFORAPHANE, AN ANTIOXIDANT WITH POWERFUL ANTI-INFLAMMATORY EFFECTS.



AVOCADOS

A SUPERFOOD

PACKED WITH MAGNESIUM, POTASSIUM & HEALTHY (MONOUNSATURATED) FATS

AVOCADOS OFFER VARIOUS BENEFICIAL COMPOUNDS THAT PROTECT AGAINST INFLAMMATION AND MAY REDUCE YOUR CANCER RISK.

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GREEN TEA

THE HEALTHIEST DRINKS YOU CAN CONSUME

REDUCES RISKS OF HEART DISEASE, CANCER, ALZHEIMERS DISEASE & OBESITY.

GREEN TEA'S HIGH EGCG CONTENT REDUCES INFLAMMATION AND SAFEGUARDS YOUR CELLS FROM DAMAGE THAT CAN LEAD TO DISEASE.



PEPPERS

LOADED WITH VITAMIN C

BELL PEPPERS PROVIDE THE ANTIOXIDANT QUERCETIN, CHILLI PEPPERS CONTAIN SINAPIC & FERULIC ACID

THESE MEANS REDUCING INFLAMMATION AND CONTAINS OTHER ANTIOXIDANTS

MUSHROOMS

TRUFFLES, PORTOBELLO & SHIITAKE ARE RICH IN SELENIUM, COPPER AND B VITAMINS

EAT THEM RAW OR LIGHTLY COOKED - OVERCOOKING LEADS TO REDUCING THEIR ANTI-INFLAMMATORY PROPERTIES



TUMERIC

MIXED IN INDIAN DISHES AND CAN BE ADDED TO MILK DRINKS

A POWERFUL ANTI-INFLAMMATORY NUTRIENT.

TURMERIC REDUCES INFLAMMATION RELATED TO ARTHRITIS, DIABETES, & OTHER DISEASES

CONTAINS ANTI-INFLAMMATORY COMPOUND CALLED CURCUMIN. BLACK PEPPER + TURMERIC CAN SIGNIFICANTLY ENHANCE THE ABSORPTION OF CURCUMIN.



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*Our training platform
offers guided meditation journey. . .*

STRENGTH
CONDITIONING
MOBILITY
MINDFULNESS

Our online community. .

OFFERS PRIVATE ACCESS TO
FACEBOOK GROUP WHERE WE SHARE
PERSONAL STORIES AND EXPERIENCES
WITH OTHER FITNESS CHIX MEMBERS

INSTAGRAM - SHOWCASES
INSPIRATIONAL MOVES, QUOTES AND
ACCESS TO OUR BOOK CLUB

YOUTUBE
GIVES YOU A WIDE VARIETY OF ALL
THE VIDEOS INCLUDING MINDFULNESS
& LIVE EVENTS EACH WEEK!



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