

Fast Food for sustained energy

Cindé Greyling

Celynn Erasmus, co-author of *Fast Food For Sustained Energy*, is the Fabulous Affairs's March author of the month. Visitors to the O.R. Tambo International Airport had the privilege of meeting Celynn at the International Departures Duty Free Mall on Thursday evenings between 17:00 and 19:00.

Do you travel often?

I travel nationally to either Cape Town or Durban on a monthly basis and internationally to Europe twice a year. The past month was an exception, with six international flights.

Do you have a soft spot for the O.R. Tambo International Airport?

I love the easy parking and access to the terminals and check-in. I also have a ritual of having my shoes polished and grabbing my favourite vanilla coffee.

Who is your latest book aimed at?

Fast Food for Sustained Energy is a realistic and practical guide for people who need to eat on the run. It helps you become your own CEO (Chief Energy Officer) so that you can avoid giving up your health while building wealth.

What is the biggest "energy" mistake travellers make?

You underestimate the impact that travelling has on your stress and energy levels and you don't plan ahead. Whether you spend a lot of time in

cars or hotels, or fly across time zones, travelling disrupts your usual eating routine and can play havoc with healthier food choices.

Share your top three traveller's tips ...

SHOP: Buy a good selection of smart snacks for easy strategic snacking (nuts, trail mix, dried or fresh fruit, low GI rusks, protein meal supplements etc.)

DROP: Keep these snacks within reach in your travel bag, laptop case, handbag and car.

STOP: Remember to stop and eat at least every three hours and to drink enough water to stay hydrated too. Have a glass of water every hour or so.

Isn't there an app that can help one?

I have just developed an app called WELLCULATOR. It guides you through a series of simple lifestyle-related questions and provides you with an accurate profile of your strengths and weaknesses. It then helps you to determine the appropriate action plan and lifestyle changes.

Do you have a daily "must have"?

Red wine and cheese! Blame it on my French heritage ...

Your food motto?

Set yourself up for success by making small, simple changes that will create positive lifestyle habits.

Book of the Month

FAST FOOD
for SUSTAINED
ENERGY

LOW
GI



GABI STEENKAMP RD(SA) & CELYNN ERASMUS RD(SA)

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