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MAGNIFICENT MINERALS PART 2

MAGNESIUM



MAGNESIUM IS A BIT OF A SUPER HERO AMONGST THE MINERALS. IT HAS MORE THAN 300 JOBS TO DO IN YOUR BODY EVERY DAY. IMAGINE THAT!

MAGNESIUM IS SUPER IMPORTANT FOR STRONG BONES, BECAUSE IT HELPS CALCIUM DO ITS WORK. CALCIUM CAN'T WORK ON ITS OWN WITHOUT MAGNESIUM, SO IT'S VERY IMPORTANT TO EAT PLENTY OF MAGNESIUM RICH FOODS. IF YOU EAT A LOT OF SUGAR, YOUR BODY WILL ALSO NEED MORE MAGNESIUM TO DEAL WITH THE SUGAR.

FIND IT IN WHOLE GRAINS, MEAT, NUTS AND SEEDS, GREEN LEAFY VEGETABLES, BEANS, BANANAS AND DARK CHOCOLATE (YUMMY!)

POTASSIUM

SUPER IMPORTANT FOR KEEPING YOUR MUSCLES AND NERVES WORKING PROPERLY, AND FOR KEEPING THE RIGHT AMOUNT OF WATER IN YOUR CELLS.



FIND IT IN BANANAS, DARK GREEN VEGETABLES, YOGURT, ORANGES, GRAPEFRUIT, CANTELOUPE MELONS, POTATOES AND SWEET POTATOES, CUCUMBERS AND PUMPKINS.

