

## **Want to try the KijFit vegetarian month?**

Read this document carefully to be well informed before you start the challenge!

Put together by Kije Brinkhoff from KijFit.

### **Introduction KijFit**

KijFit is a health movement and physiotherapy practice founded by Kije Brinkhoff. By providing all kinds of different challenges that are accessible for everyone, we hope to introduce as many people as possible to a more sustainable lifestyle.

An important factor of a sustainable lifestyle is living more consciously. With our challenges, we try to make people more conscious of their nutrition, sleep, activity or how we affect our planet. This contributes to a healthier lifestyle for body, mind and environment.

In this document KijFit provides you with tools and knowledge to start or try out eating vegetarian. KijFit uses the latest research to provide you with the most honest and recent knowledge. But we advise you to always stay critical and do your own research.

### **Before you start!**

We always want to remind you in advance of every KijFit Challenge that it is not about the results. It's all about the experience and what we can learn from it. We'd like to emphasize that this challenge cannot be seen as 'the gold standard', it is simply to try out something new. But there's a big chance that you will have a positive experience in the upcoming weeks, because you will become more aware of nutrition and take on a healthier lifestyle.

### **What you'll need to find out beforehand**

It is important to know what the long-term effects as well as the short-term effects of your new diet will be. What will your daily nutrition be? And what effects will it have on your body composition? Also research the risks this challenge might entail, like a deficit of a specific nutrient. Questions you should ask yourself in advance are:

- What do you require from your body for daily energy needs and what recovery is needed for this?
- What kind of nutrients do you need most to support these daily needs, such as sports or other activities?
- How does the new lifestyle fit into your daily life compared to the one you have now?
- Why do you want to try the challenge?

### **How will this challenge help me live a more sustainable lifestyle?**

We live in a consumer society. Our consuming keeps going on, while we don't even need most of what we buy. Because we constantly buy new clothes, products or food, many of those are produced in large numbers. This only takes supply and demand into account, but unfortunately the negative consequences of large production, such as high CO2 emissions, are often ignored.

Trying this sustainable challenge from KijFit will make you think a little longer about what you eat. It probably requires a little more planning and research. This makes you more aware of your personal consumption behaviour. As a result, you will probably end up buying fewer "nonsense" products and less surplus food than usually. Therefore, you focus on *essential consumption*, and contribute less to the spiral of endless consumption and production. This way, the challenge helps you to adopt a more sustainable lifestyle.

A study from 2018 tried to grasp the impact that, for example, food production has on our planet and the environment. This study describes how our environment could benefit if we all stopped eating



animal products. In that case we could reduce our land use by 76%, we would reduce our CO2 emissions by 49% and our freshwater abstractions by 19%<sup>6</sup>. Switching to a vegan diet or eating less animal products could therefore lead to major environmental improvements.

The EAT Lancet Commission also advised to make cuts in our animal based food consumption and to eat a lot less sugar <sup>2</sup>.

### **Will I develop any deficiencies if I stop eating meat and fish for one month?**

If you are not a fanatic athlete and you stop eating meat and fish for a month, but don't quit eating dairy products, the chance of developing deficits is very small<sup>4,5,8</sup>.

If you are a fanatic athlete, you probably need more protein, depending on the type of sports you participate in. In that case, it is wise to look for meat substitutes in the supermarket or at the greengrocer. Or try to find out where you can get vegan protein shakes.

Always ask yourself what nutrients you need every day, with regard to your energy and muscle recovery. Listen to your body.

To get the most out of this challenge, personal coaching is recommended. Schedule an appointment online or start a chat box session.

Please contact us via [kije@kijfit.nl](mailto:kije@kijfit.nl) or call + 31 6 11 32 30 68. Or check out the website for more information: [www.kijfit.nl](http://www.kijfit.nl).

Enjoy and learn from all the great new experiences!



Pro-claimer:

All the challenges are free and available for everyone. KijFit cannot be held responsible for any health inconveniences or issues in this matter. KijFit tries to provide you with the most honest and recent knowledge about any challenge. But always stay critical, do your own research and act responsible.

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