



Habit Building to a Healthier You!

Ideally I would start one each week, aim to nail it before introducing a second/third etc

Habit 1: Drinking 2L of water each day.

This is a great one to start on as it will be needed as you increase activity. Try having a glass of water with each meal and 1 in between each meal- they add up quickly.

Habit 2: Getting in either a weights session in the gym

OR

getting in 10,000 steps.

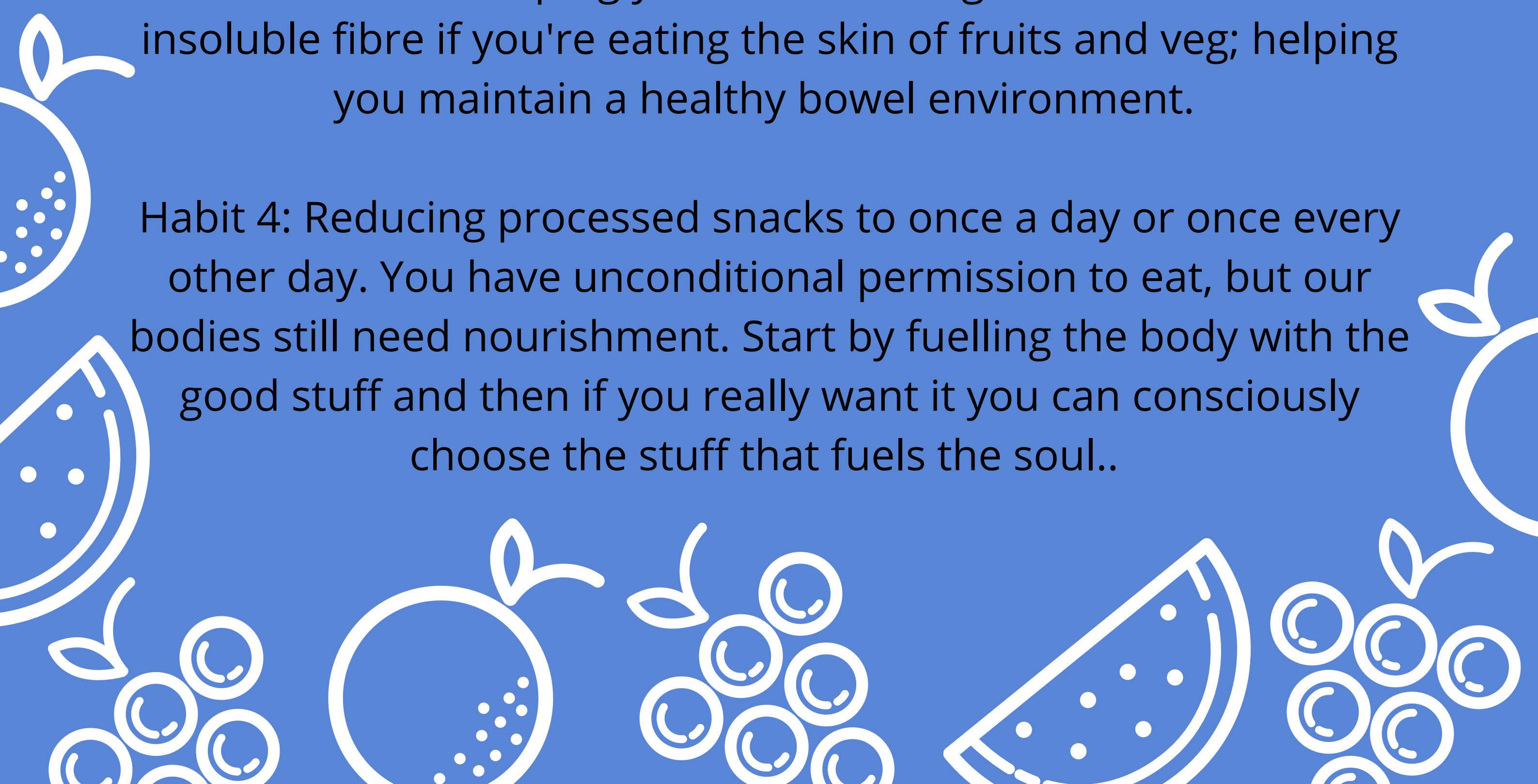
(Adding an approx 30-40min walk depending on how active you have been throughout the day should get you there if you're not using a step counter.)

Move daily, your body will thank you.

Habit 3: Having 4 serves of veg and 2 serves of fruit daily.

Nutrient dense, minimal calories (for the most part), a source of soluble fibre, keeping you fuller for longer and a source of insoluble fibre if you're eating the skin of fruits and veg; helping you maintain a healthy bowel environment.

Habit 4: Reducing processed snacks to once a day or once every other day. You have unconditional permission to eat, but our bodies still need nourishment. Start by fuelling the body with the good stuff and then if you really want it you can consciously choose the stuff that fuels the soul..



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Habit 5: Aiming for more sleep.

Most people need 7-9 hours per night.

Often people will say that they are managing just fine with 4-6 hours but what is good to keep in mind is the fact that while we may be able to function and get through our daily tasks with minimal sleep, are we fulfilling these tasks to the best of our ability?

Are they taking us longer to get through because of the dreaded brain fog?

Are we using caffeine as a crutch just to get through the day?

(Hint: if you need more than 2 coffees to function throughout the day you actually need more sleep.)

Yes there are outliers out there who can function with minimal sleep, however they are unicorns- rare and magical creatures.

Habit 6: Meditation before bed, use an app or something guided to help you get started.

Can feel a bit clunky when you start but when you're so busy with life it may help you switch off and have a more restful sleep.

As with all healthy changes these are a starting point only, if you are nailing these and you would like to step it up a notch please let me know so we can discuss it further and make appropriate changes for you.