

# TOP 7 HEALTHY HABITS

To help you feel lighter, happier and have more energy in 14 days!

1

## **Eating 2 Fruit and 5 Serves of Vegetables each day**

Fruits and vegetables contain an abundance of nutrients, antioxidants, enzymes and soluble fibre. They have a protective effect on the body from a wide range of diseases and cancers. Ideally half of your plate should include vegetables with some fruit.

2

## **Drink 2-3L of Water each day**

The body is at least 60% water and is the crucial component of all bodily fluids: blood, lymph, digestive juices, urine, tears and sweat. Water is involved in almost every function such as: circulation, digestion, absorption and elimination of waste. During the day water escapes the body and toxins accumulate which can lead to dehydration.

3

## **Exercise for 30 minutes each day**

Regular exercise assists with losing weight, increasing energy levels, improving heart & blood vessel health, improving circulation, reducing stress and anxiety, assisting with sleep, strengthening and toning muscles and bones.

4

## **Look at ways to reduce stress throughout the day**

A great way to start is by taking 1-2 minutes throughout the day to just stop and practice deep breathing (5 seconds in & 5 seconds out for 60 seconds). You could also go for a walk during your lunch break, reduce your intake of caffeine, practice mindfulness and/or get organised and plan your week so you know what to expect and can put things in place to support you.

5

### **Aim to get 7 - 9 hours of quality sleep each night**

Improve quality of sleep by going to bed at the same time each night, reducing noise and light in the bedroom, turning off all devices (phone, laptop & TV) 30 minutes prior to sleep to reduce blue light exposure, have a calming herbal tea prior to bed to assist with falling to sleep.

6

### **Keep Treats as Treats**

Reduce intake of treat foods such as white breads, pasta's, biscuits, lollies, coke, red bull etc... These foods should be kept to a minimum as they contain/break down into sugar which can cause weight gain, cravings, increases your risk of diabetes and can cause mood swings and lethargy. Aim for a diet that includes 80% healthy foods/drinks and 20% treat foods/drinks then work to swop some of those unhealthy treats for healthier treats.

7

### **Plan our your Meals each week**

Each week plan out your weekly meals by working out what to have for breakfast, lunch, dinner and snacks; then write these down on a meal planner and stick the plan on your fridge so you know exactly what you'll be eating each day. This also assists with creating your weekly food shopping list so you know what to buy each week to stay on track with your weight loss, hunger curbing and eating habit goals.

When you incorporate these 7 healthy habits into your lifestyle on a regular basis you'll begin to feel lighter, happier and have more energy.