



# Weekly Healthy Habits

Your checklist to reaching your goals and feeling fitter, stronger, confident, positive and full of energy.

## Fitness



- Book into at least 2 fitness classes per week
- Book into least 1 yoga class per week
- Walk for at least 20 minutes each day
- Take a break every 30 minutes to stand and stretch (set an alarm to remind you)
- Limit TV to no more than 2 hours per day and spend more time moving your body

## Healthy Eating



- Add an extra handful of vegetables to every dinner
- Add more fibre to your meals by choosing brown, grainy bread, pasta and cereals
- Reduce sugary foods, soft drink and takeaways to less than 2 days per week
- Chew slowly and stop eating when you start to feel full
- Aim to drink around 8 cups of water each day

## Happy Mind



- Make your bed first thing every morning
- Meditate daily - book into our live-streams or watch our on-demands
- Schedule at least 10 minutes each day for 'me time'
- No screens 1 hour before bed
- Go to bed at the same time every night and aim for 7-9 hours sleep