

HABITS FOR HEALTH



Hey There!

On the next page, you'll find 10 fundamental habits for wellness that I use all the time with my clients.

Building habits are like laying bricks. You let one row set before moving onto the next. The idea of habit stacking is that over time you will not have to think about it... it will just happen! And when you adopt these habits into your lifestyle, you can still enjoy the life you lead whilst maintaining health in body and mind.

These are written with "weight loss" in mind, so if you're trying to gain weight, just do the opposite! 😊

Simply pick a habit and set a reminder on your phone to practice that habit every day. When you have it nailed, add a new habit to practice.

HABITS FOR HEALTH

1

EAT SLOWLY

Slow Down and Enjoy Your Meal - Savour and Relish the taste and satisfaction.

2

STOP WHEN 80% FULL

Nearing the end of your meal, ask yourself "Am I still hungry or will one more bite make me feel stuffed?"

3

LEAN PALM OF PROTEIN

Are you getting protein into EVERY meal? Start with one meal at a time.

4

COLOURFUL FOODS

Are you getting a fist size of veg into your meals? Start with one meal at a time.

5

HEALTHY FATS

Are you using a thumb size serving of fat in cooking or as an ingredient on your plate?

6

PORTION SIZES

Palm for Protein, Fist for Veg, Thumb for Fat and Handful for Starch. If it's in a packet, look on the label for the serving size.

7

SLEEP

Try to spend 7 hours of no distractions in bed. Create a Sleep Ritual.

8

REDUCE GRAZING/ SNACKING

Non-Calorie Beverages are a good way to suppress the appetite and bridge the gap between meals.

9

SELF CARE

Set Time Aside to take care of YOU. Check in with yourself, go for a walk, go to a class or just sit and watch something that makes you laugh.

10

MINDFUL CHOICES

Create options and if you're stuck up against a wall, so what? You'll have another chance at your next meal.