

FIVE Healthy Lifestyle Top Tips



REDUCE FRICTION If you want to create or sustain a habit you need to make it as accessible as possible. The consistency of showing up is far easier when we make, for example, doing a workout, simple. Clearing a space for your yoga mat & getting your gym clothes ready with the intention of working out are small votes for the habit & mean it's more likely to happen



WRITE LISTS Lists may not be your jam (yet) but they can be so useful for ticking off even those tiny 2 minute jobs that otherwise sit in our mental to do list but forgotten when we have a moment. Something like 'Notes' on iphone is great for having across your devices & being able to check to help focus & prioritise your time



5 MINUTES Never underestimate the power of 5 minutes. There are definitely times that down time is 100% the priority, but don't not do a workout or go outside if you only have 5 minutes. Those 5 minutes are not only votes for the version of you you value, they are enough to alter the chemical make-up within you to reboot your energy, regulate your nervous system & unwind the body from the day



DECLUTTER You may not be into Marie Kondo or Feng Shui, but taking the time to align your environment with how you want to live can have a huge impact on how you feel. If every time you look at that drawer you know it's full of clutter, it can distract your focus, add to the mental load & sense of overwhelm. Give yourself 5 minutes. Even if you just get started, it all helps towards a sense of calm



MOVE YOUR BODY Honestly. It's the answer to so many of our problems: mental wellbeing, physical discomfort, ability to feel strong & healthy. It doesn't matter how, variety is wonderful so whether it's 5 minutes breathing, yoga, Pilates, skipping, HIIT, dancing... movement is medicine & allowing those endorphins to flood your system can have a huge impact