

# Relax ::



<b>Me Time</b>	Do something just for you, every day. 15 minutes and no screens.
<b>Screen-Free Sundays</b>	I'm no-where near achieving this one! Chatterjee suggest building towards it.
<b>Gratitude Journal</b>	Start a daily journal, writing 3 things you're grateful for - fleeting things are just as worthy as the big-ticket items.
<b>Daily Stillness</b>	Meditation, or just sitting quietly, clear the mind and just be.
<b>Eat at The Table</b>	At least 1 meal per day. In company, if possible, but the golden rule is no screens!

# • Eat



<b>Reduce Sugar</b>	Eat as little sugar as you can, and when you do need it, make your body work for it, for example eat an orange rather than drinking orange juice.
<b>Eat the Rainbow</b>	Different coloured veggies contain different nutrients . A rough guide is to eat 5 different colours a of vegetables a day.
<b>12-Hour Fasting</b>	The clock starts when you begin breakfast and stops when you finish dinner. Contain all eating within this 12-hour period.
<b>1.2 Litres of Water</b>	Keeping hydrated is hugely important for many reasons, so drink water, lots of it, every day!
<b>Unprocessed Foods</b>	Fewer than 5 ingredients = unprocessed. Make dishes from scratch to replace unprocessed foods as often as possible.

# Movement ::



<b>10,000 Steps</b>	Although this is an arbitrary number it's something to aim for as a minimum. Think about how many steps you're currently taking and small changes to increase them.
<b>2x Strength Training</b>	Twice a week however suits you. At home, go to a class, or get a PT.
<b>2x HIIT</b>	High Intensity Interval Training elevates your heartrate, lets it recover, then spikes it again. I'm doing HIIT with a rowing machine, and I'm so unfit but proud to have started!
<b>Movement Snacks</b>	Mini exercises throughout the day: press ups when you get up, star jumps whilst waiting for the kettle, anything goes!
<b>Awaken Sleepy Glutes</b>	Transform your posture, strengthen your hips, and awaken your glutes. Watch the 4 exercises on youtube and practise daily.

# Sleep



<b>Darkness</b>	Make sure your bedroom is completely dark.
<b>Outdoors Before Noon</b>	Spend 20 minutes outdoors every day - have a coffee, walk the dog, or take the kids to school.
<b>Bedtime Routine</b>	Build a bedtime routine, easing down, lowering the lighting and removing blue light, and going to bed around the same time every evening.
<b>Manage Commotion</b>	Avoid any commotion before bed. Don't look at work emails or raise a tricky subject with your partner late in the evening: avoid, avoid, avoid!
<b>Morning Caffeine Only</b>	Caffeine has a long half-life and can affect your sleep. Some people are more susceptible than others, but all of us can benefit from getting our fixes before noon.