

THE BASIC 8

LIFESTYLE TIPS FOR 2018

1. EAT HEALTHY

- Watch portion size
- Lean proteins
- Lots of vegetables
- Small amounts of fruit
- Good Fats & Oils
- Minimal Complex Carbs
- Less Sugar & Salt
- Less Alcohol & Coffee

2. DRINK MORE WATER

- Aim for 1.8 - 2ltr/day
- Drink clean & pure water
- Hydration improves energy & memory
- Water is vital to eliminate toxins

3. BE MORE ACTIVE

- our bodies are meant to move
- Find an activity you enjoy and you'll stick to it
- Aim for 20-30min of activity 4-5 x per week

4. GET GOOD SLEEP

- Go to bed and wake at same times
- Don't day nap
- Listen to soothing music
- Create a sleep conducive atmosphere
- Practice stress reduction techniques
- Aim for 7-8 hours

5. LEARN TO RELAX

- Use relaxation strategies to reduce overall stress & tension
- Beginners try Breathe work or progressive muscle relaxation.
- Try 5 min of focused breathe work daily

6. MANAGE YOUR TIME

- Managing time will reduce stress
- Don't take on too much at once
- Use a planner
- Schedule your day
- Schedule some "me time" for relaxation and exercise

7. SOCIAL SUPPORT

- It's important to have people you can count on
- Talk to friends when having a bad day
- Have at least one good support friend can make a difference

8. PRACTICE GRATITUDE

- Be grateful for today
- Be grateful for the abundance in your life
- Take time to appreciate
- Slow down
- Spend a few minutes in the morning on gratitude

Naturally Dynamic Health

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