

••••••HEALTHY HABITS – WEEK 1 ••••••••

YOUR TASK

POINTS

Take an exercise break.

Don't just grab another cup of coffee. Step away from your desk and move. Go for a walk, do some lunges	10
or squats, or try some desk stretches. Movement is great for your body and your mind.	

Go offline.

Checking your email and social media a lot? Set a time to log off for the day and put your phone away. **10** Use the time to do other things like take a walk, read a book, hang with your family, or meditate.

Plan your meals.

Set time aside to meal plan. Create a dinner menu for the week or just try planning breakfast, lunch, and	
dinner the day before. Consider your goals: Do you want to cut back on sugar? Add more protein? Eat	15
more veggies? Meal prep keeps you in control and makes it easier to pass on lunchtime takeout. It can	
also help you save time and money in the long run. Bonus!	

Go to bed 30 minutes earlier.

Sleep often gets ignored when we're living busy lives, but getting adequate sleep is paramount to a healthy body and mind. Rather than catch up on your socials or watch *just one more* episode of our favourite show, set an alarm to remind yourself it's time to get ready for bed and enjoy an extra 30 minutes of snooze time.

Spend time outdoors.

Get outside for at least 30 minutes: enjoy a walk, take your workout outdoors, take a call or have lunch on a patio. A few minutes in the sunshine raises vitamin D levels, and that's good for your bones, your heart, and your mood.

Do something nice.

Kindness towards others increases your own happiness as well as theirs. Give a compliment, hold the door open, or offer to pay for a stranger's coffee. Research has found that receiving a compliment lights the same part of your brain as when you receive a monetary award.

Quiet your mind.

Enjoy 10 minutes of meditation whether it's yoga, breathing exercises, or just sitting quietly. Studies show that regular meditation practices lower stress, anxiety, and health issues mainly because it helps reduce overthinking and create a more mindful mindset.

Plan your shopping.

Going to the grocery store? Kids need new shoes? Looking to buy a new book? If you need to visit a store, make a list of what you need and stick to it. This will help you stay in control of your expenses, avoid impulse buys, and prevent purchases that you don't really need.





