

Five steps towards a healthier you

Step 1:

Ditch the scales

Weighing scales can actually be misleading, here are just a few reasons to put the scales away:

- Muscle is denser than fat, so your weight may not change if you start to work out more.
- The number that shows on the scales can be affected by things such as time of day, what you've eaten and even hormones.
- A healthy weight for someone else may not be a healthy weight for you. A number on the scales does not take into consideration your height or your proportions.

Step 2:

Plan and prepare

Create a meal plan for the week and make sure you stick to it. If you are tempted to go out and buy a chocolate bar from the nearest shop at lunch then why not try leaving your money and bank cards at home, that way you can't possibly give in to temptation. Ensure you have all the ingredients you need for your weekly plan. Stock up on essential ingredients that can be easily turned into a healthy meal. Herbs, spices and stock are always great ingredients to have in the cupboard as well as dry pasta and rice.

Step 3:

Keep hydrated

Most of us are guilty of not drinking enough water in the day and often we mistake dehydration for hunger. There are many benefits that you can get from drinking plenty of water, including:

- You will feel more energised
- Promotes weight-loss
- Flushes toxins out of your body
- Improves skin complexion
- Naturally relieves headaches
- Helps to keep joints lubricated and muscles more elastic
- Boosts your immune system

Step 4:

Get moving

There's no use eating well but not keeping active, exercise is very beneficial to our health, it helps boost self-esteem, mood and energy. People who exercise regularly are less likely to develop chronic health conditions such as heart disease, type 2 diabetes and stroke. Adults are recommended to achieve at least 150 minutes of physical activity over a week. But you don't need to join a gym to get moving, it's free and easy to incorporate exercise into your daily life, just a little walk at lunch or a jog after work will do!

Step 5:

Your mind

Looking after our bodies is important, but what about our minds? Looking after your mental health can help improve your overall wellbeing. Everyone is different, our mental wellbeing can change from day to day, and it's all part of being human. There are several ways you can look after your mind:

- Get a good night's sleep
- Build positive relationships by connecting with others
- Make a list of your daily tasks and tick them off after you complete each one
- Take the time to clear your workspace of any clutter. Having a tidy desk may help us to think more clearly at work



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