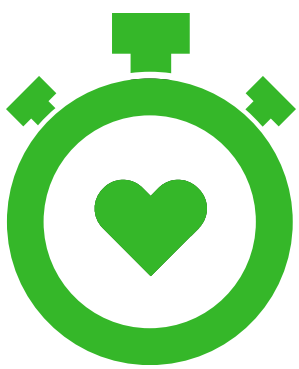


# START YOUR NEW YEAR WITH A

## A HEALTHY LIFESTYLE

Good nutrition combined with physical activity are important elements of leading a healthy lifestyle. Maintain a healthy weight, reduce your risk of chronic diseases & promote your overall health.



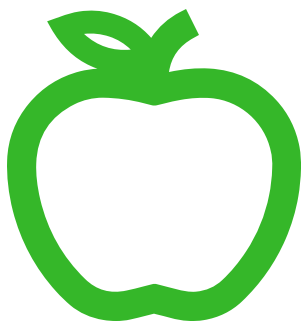
### EXERCISE REGULARLY

Aim for at least **30 minutes** of physical activity every day. Go for a walk, try a new workout, or run around outside with the kids.



### DRINK LOTS OF WATER

Aim for **8-10 glasses** per day. Water flushes our systems of waste and toxins, yet many people go through life dehydrated - causing **tiredness, low energy, & headaches**. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.



### EAT HEALTHY FOOD

Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy, keep your heart beating, your brain active, your muscles working, & regulate blood pressure.

**Rest and refresh.** Get plenty of sleep. Go to bed at a regular time each day & practice good habits to get better sleep. Sleep restores both your mind & body. Allow yourself some unfocussed time each day to refresh, let your mind wander, go daydream. It's okay to add 'do nothing' to your to-do list!



*Adore Them*