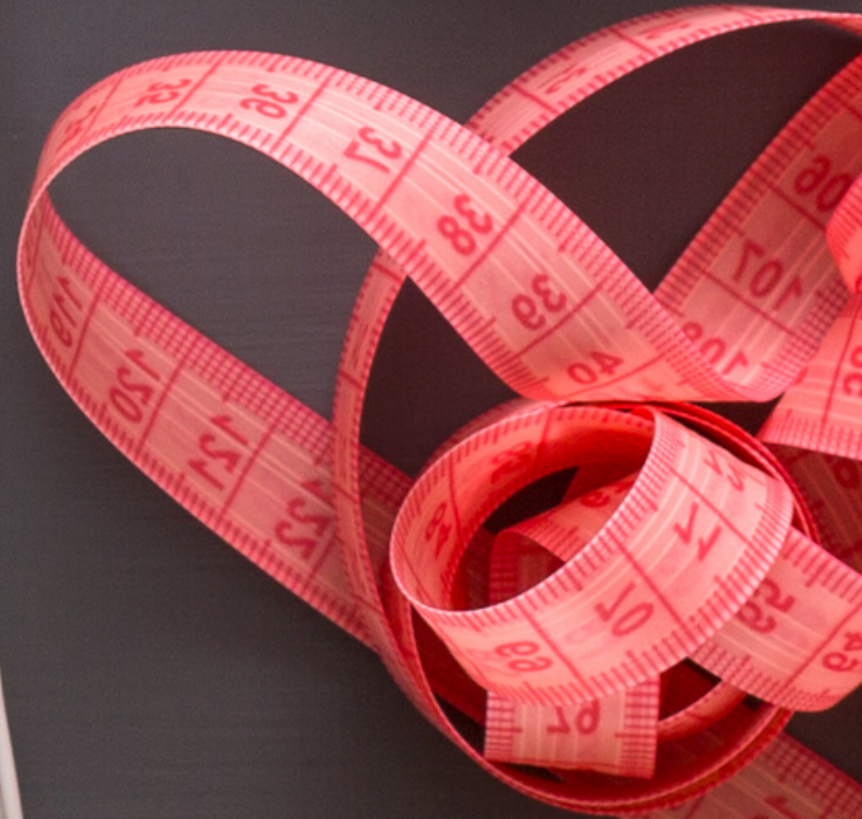


f i v e
strategies to
building a
successful health
routine.





YOUR BODY IS A
REFLECTION OF
YOUR LIFESTYLE.

WE GET IT.....

You set out with good intentions and then the year got away from you. You're busy. You're tired, over stretched; stressed about some deadlines, and completely ignoring others.

And you PROMISED yourself that this year would be different. That January doesn't really count because the year has only just started, it takes a few weeks to get settled in a routine and then suddenly February is gone. And now suddenly you wonder where the year has gone. And you've fallen into the exact same trap you fell into last year...and the year before...and the year before that.

It's a never ending cycle of things getting on top of you and there's always something else to pull your attention away. And so you tell yourself that once that's done, you'll set up a routine, you'll take a breathe, you'll catch up on sleep. But the thing is; there's always ANOTHER thing after that first one. And soon it'll be another year and time to try again. And try to set out with good intentions.

So stop. Read this.

You need a routine because your **health** matters. Because you want to live your life. You're sick of June coming around and getting sick. You're tired of being stressed and feeling so very very overwhelmed. And overall; you're just tired of being tired.

So stop.

Take a breath. And read on - I promise it will help.



CONTENTS

- 01** **THE CARB AND
CAFFEINE
ROLLERCOASTER**

- 02** **SLEEP - THE MOST
IMPORTANT PART OF
YOUR DAY**

- 03** **SWITCH IT OFF**

- 04** **MOVE IT**

- 05** **IT COMES DOWN TO
YOU**

THE CARB & CAFFEINE ROLLERCOASTER

You know what I'm talking about. You start the day well but it's a long Monday, so you stop off and get that coffee to help you through morning meetings. These meetings come with cookies and maybe another coffee. First sugar hit of the day.

Lunch is a smash and grab combo of Sunday night leftovers or whatever smells good from the cafe. So far so good? Then the coffee wears off, and you need something sugary

to get you through. The sugar picks you up but barely gets you to the end of the work day, so you go for another coffee. And on and on until 10pm where you lie in bed exhausted but wired, and still craving ice cream.

The up and down of energy. The caffeine rush, the sugar rush, back to the caffeine. It's not good for us.



So step 1, get off the rollercoaster.

Breakfast - Eat a fuel-full breakfast; think wholegrain. Jam on toast doesn't cut it. Stick to a morning coffee, or a tea. The caffeine properties in tea have a slower release, think less rollercoaster and more ferris wheel.

Snacks - Replace the afternoon sugar with some crackers and hummus. And today, don't turn to that sugar buzz at 3pm.

**YOU KNOW THAT FEELING
WHEN 3PM HITS, AND YOU
FEEL LIKE HIGH-FIVING
THE GROUND WITH YOUR
FACE?**

SLEEP - THE MOST IMPORTANT PART OF YOUR DAY

Yes, yet another person is telling you to get enough sleep at night! But between the kids, work, friends, more work, and everything else you have on your plate, you just can't find the time. But you KNOW you need to get more sleep. So how about tonight you actually DO IT.

Set yourself a bed time, stick to it and don't compromise. Set yourself up for the best night sleep you can possibly get.

Our biological clocks are tuned towards the natural light/dark cycles of our world as it revolves around the sun. What this means is that the sleep before midnight is the most important (*Stamatakis & Punjabi, 2010*).

Sleep is the most vital part of a healthy routine, it regulates the immune system, hormone production, and getting enough sleep (before midnight) is so vital for keeping the brain and the body functioning as it should.

Memory consolidation occurs during REM sleep and it's the primary time for the body to rebuild what's been broken over the course of the day.

So remember;

THE MOST PRODUCTIVE 8 HOURS OF YOUR DAY AREN'T AT WORK, BUT THE ONES YOU'LL SPEND IN BED SLEEPING



SWITCH IT OFF

So we've just talked about needing to get more sleep. Now let's talk about how.

Switch off the device - 10pm at night is not the time be looking at what your high school crush is doing in Croatia. Switching it off not only destresses you but also removes the blue light stimuli of your phone which suppresses nocturnal melatonin production.

Move your phone across the room - It's okay, don't panic. The phone is off (but still charging) across the room. This removes the temptation to check what time it is while you're in bed and calculate EXACTLY how many minutes of sleep you'll get if you fall asleep right.....now.

Unplug your brain from the crazy merry-go-round of your week. And switch off the to-do list constantly going through your mind.

Before you go to bed take 10 deep breaths. In for 4 counts, out for 4 counts. Breathe deep into the belly and slow the mind.

Prioritize your health, not Facebook, Instagram, Netflix or YouTube.



SCIENCE HAS ACTUALLY PROVEN THAT IF WE PUT OUR PHONES DOWN FOR A WHILE, WE DO NOT DIE. IN FACT, LIFE ACTUALLY DOES NOT CHANGE IN THE SLIGHTEST AND THE WORLD TRULY DOES NOT END.

MOVE IT

We have at our disposal one of the most incredible machines known to man. And it's not built to be spending 8 hours a day in a chair. So for every hour and a half of sitting down, go through 3 exercises. Find an excuse to walk down to the photocopy room and back.

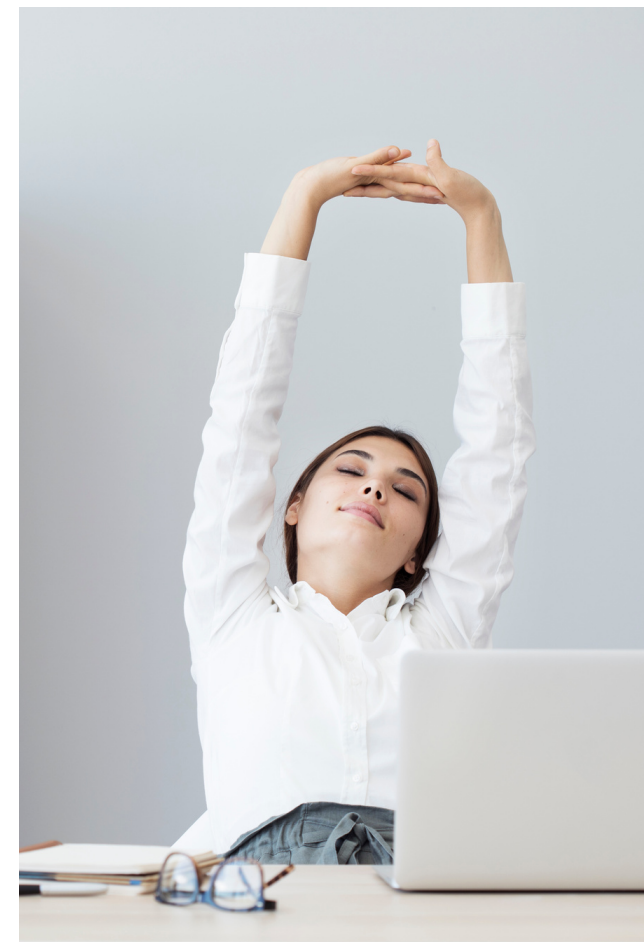
Take the stairs.

Do some stretching while at your desk. Set an alarm on your phone. Make it work with your day, stay fit around your meetings.

Every 90 minutes - Move it!

Think about every major joint system of the body: ankles, knees, hips, spine, shoulders, elbows, wrists. And then think about exercises that work them.

Marching under the desk for hips, leg lifts for knees, use your arms to support your body weight and hold. There are a variety of exercises that can be done with the primary purpose of increasing circulation & mobility.



**MOVEMENT IS MEDICINE FOR CREATING A CHANGE
IN A PERSONS PHYSICAL, EMOTIONAL & MENTAL
STATES**

IT COMES DOWN TO YOU

A health routine is just like every other routine, the difference is that it's the only one you will neglect. The most important part of all of this, is you. You have the power to decide the life you want to live. If you're not happy with how it's going - change it.

You have a goal.

Start now. Start treating these steps with as much importance as that 9am meeting or that report you've been working through your break to finish. This is your life, you are your own boss. No-one can fix this for you, except you. There is always 20 minutes in your day. And if you want it, there is always a way.

You can easily take the first step now by downloading the free resources we've put together. There's an easy-to-follow video workout plan AND sample recipe guide that will take all the guesswork out of what you should be doing. You will be amazed at the changes you can make in as little as 30 days. Take action now.

WE KEEP HEALTHY SIMPLE.



access your **FREE** workouts here



access your **FREE** recipes here

like and follow!

