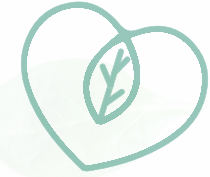


# CREATING *healthy* HABITS



Let's start the new year on a positive!

Setting goals and preparing for the future can seem overwhelming, but below are some golden nuggets to help you stay focused and embrace healthier habits that will be sustainable in the long run.



## START OFF SMALL

Instead of overwhelming yourself, take small, achievable steps. For example: Having a lunchtime walk everyday or taking the stairs instead of the lift.



## SET CLEAR GOALS

Set precise, measurable, and realistic goals to kickstart your motivation and stay on track. Skip vague goals like "to eat well" and aim for specifics like "I will consume 30g of fibre daily".



## REWARD YOURSELF

Celebrate your successes, big or small! Rewards can provide positive reinforcement for all your effort; just be mindful that they align with your overall goals.



## LEARN FROM SETBACKS

Don't be too hard on yourself if you slip up. Instead, see it as an opportunity to gain experience, analyse setbacks, and adjust your strategy.



## CONSISTENCY IS KEY

Consistency leads to long-term success! Habit trackers encourage daily actions, forming the habits necessary to achieve your goals.



## SELF CARE

Prioritise self-care, including sufficient sleep, stress management and overall well-being to make maintaining healthy habits easier.



## SOCIAL SUPPORT

Share your goals with supportive friends and family or join like-minded groups for additional motivation and accountability.

It's important to keep in mind that everyone's journey is unique, and what may work for one may not work for another. Don't be afraid to try out different strategies to find what works best for you in creating and maintaining healthy habits.

# VITALITY *healthy* HABITS TRACKER

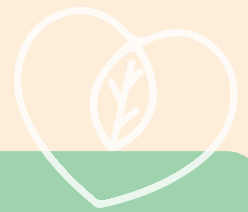


GOAL FOR THE WEEK:

Healthy habits	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Consume 5ADAY							
Aim for 30g of fibre a day (each icon: 10g fibre)							
Enjoy fish twice weekly (with one being oily)							
Wholegrains x 3 a day							
Go meat-free 1-2 days a week							
Daily exercise or movement							
Daily step count							
Stay hydrated (6-8 glasses)							
Mood or stress level							
Sleep (aim for 8-10 hours)							

A WEEKLY MOMENT OF GRATITUDE:

# VITALITY *healthy* HABITS TRACKER



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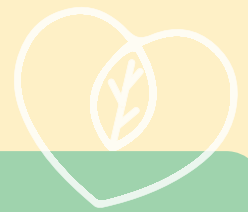


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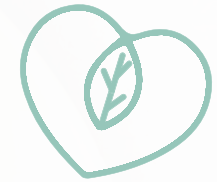


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A WEEKLY MOMENT OF GRATITUDE:

# Nutrition CHEAT SHEET



## WHAT COUNTS TOWARDS YOUR 5ADAY?

- Fresh, frozen or tinned fruit and vegetables. (When choosing tinned, choose those in natural juices or water to reduce the sugar content)
- Dried fruit (be mindful of portion sizes)
- Fruit juices and smoothies: opt for no more than 150ml



## WHOLEGRAIN FOODS INCLUDE

- Oats
- Quinoa
- Barley
- Bulgur wheat
- Farro
- Popcorn
- Wild rice
- Brown rice
- Red rice
- Wholemeal flour
- Wholegrain cereal
- Wholemeal bread
- Pasta or cracker



## WHAT'S CONSIDERED AN OILY FISH?

- Salmon
- Mackerel
- Anchovies
- Sardines
- Trout
- Herring
- Whitebait
- Pilchards

These can be fresh, frozen or tinned!



## WAYS TO TOP UP YOUR FIBRE

- Choose wholegrains!
- Add oats, nuts and seeds to your bakes, porridges or yoghurt
- Incorporate more fruit and vegetables into your meals
- Don't forget to add your legumes
- Leave the skin on your potatoes and other root vegetables



## STAY HYDRATED

**Aim for 1.5-2 litres daily** (6-8 glasses)

This varies based on age, weight, activity, and climate.

**What counts?** Water is best, but tea, coffee, milk, and limited fruit juice (150ml daily) also help. Watch out for added calories, fat, and sugar in non-water drinks.



## DELICIOUS MEAT FREE ALTERNATIVES

- Legumes: beans, peas and lentils
- Tofu & tempeh
- Seitan
- Nuts & Seeds
- Vegetables
- Nutritional yeast
- Plant based meat
- Substitutes
- Plant-based dairy alternatives