

LIFESTYLE HABITS

SLEEP

Poor sleep can have an impact on your weight. As well as making you feel sluggish and lacking in energy, it can also decrease productivity and slow recovery from injury, your immune system and metabolism.



ACTION

Aim for 6+ hours sleep a night. Avoid caffeine in the evening - it takes 12 hours to fully leave your body. Try decaf, herbal, fruit or Redbush options instead.



Switch off your computer, tv, phone, iPad and have some screen free time before bed.

HYDRATE

Being dehydrated can sometimes make you feel hungry and lead to unnecessary snacking. It can also make you feel sleepy, lacking in energy and cause you to not perform at your best.

ACTION

Aim to drink at least 2 litres a day. Take a water bottle with you. Try to drink a glass of water each hour.

"IF WE DID ALL THE THINGS WE ARE CAPABLE OF WE WOULD LITERALLY ASTOUND OURSELVES"

THOMAS A EDISON



There are 168 hours in a week.

If we spend 3-5 hours exercising per week that's a lot of hours that you're not in the gym.

That's why it's so important to create the right lifestyle habits around you to help you succeed.

Look at each of these lifestyle habits, **TAKE ACTION**, and work on improving each habit one by one until you find a balance that works for you.

DE-STRESS

Stress can make you reach for the snacks and can also impact your mindset to want to train and eat healthily.



ACTION

Take a few minutes each day to wind down from work, family and your busy day. Just a few minutes can make a big difference. It could be a walk around the block, reading a couple of pages of a book or magazine or just standing outside for some fresh air.

Exercise - releases endorphins - book into one of our sessions and burn off some tension.



KEEP ACTIVE

Lots of us have desk jobs or are sitting down for a large proportion of our day.

ACTION

Try a brisk walk around the block at lunch time.

Take the stairs instead of the lift. Run for that bus or train - it all adds up.

Try a step tracker, aim for 10,000 steps and try to match or beat it each day.