

Five small steps

to a big change!

1

Get your steps in

Getting in more steps is easier than you think. Park further away when shopping - parking a little further away adds more steps to your day. If you have an office job make a habit to get up and move a few steps each hour.



2

Be food mindful

Did you know it takes the body 20 minutes to send the signal that it is full? Thinking about what you're eating can help lessen the chances of overeating and improve digestion. If you slow down when you are eating, you are less likely to overconsume because it gives your brain time to catch up. Try eating foods that are rich in nutrients, but lower in calories, such as apples, eggs and potatoes.



3

De-stress

Try researching stress solutions that fit your lifestyle. Options such as yoga, meditation, light exercise such as walking, and getting adequate sleep can all help.



5

Drink more water

Water helps energize your muscles and helps your kidneys and bowels function normally. Make sure you always have a water bottle with you. If you carry one with you the more water you'll likely consume. Aim to make it a routine to make sure you are drinking enough water throughout the day and then increase it gradually.



4

Curb your sweet tooth

Aim to cut down on foods containing processed sugar, and fulfil your sweet tooth's needs by replacing it with fruit. Fruit is good for your digestive system and is full of other nutrients. You can still have a "treat" without the negative impact of processed sugar.

