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30 DAYS TO HEALTHY LIVING LIFE HACKS

Our Healthy Living community is full of people from all walks of life with similar goals and real advice. These are simple steps that make a difference. Here are some of their best tips:

KITCHEN AND MEAL PREP

☐ Portion out your meal to the healthy meal guidelines and have your products prepped the night before.

☐ When you're at the grocery store, buy 3 fruits or vegetables that you've never tried before — challenge yourself to make a meal with them.

☐ On Sunday, list your meals for the week and create a shopping list. Challenge yourself to see if you can ONLY buy the items on your list (saves money and creates discipline!).

☐ Prepare 3 healthy snack options to keep on hand. Put them in a separate area of the fridge/cupboard so you know exactly where to go when you need a snack.

☐ Put all your "non-30 Days food" in a separate area so you're not tempted to reach for the excess sugar or fat when you're hungry.

☐ If you are going out to eat, look up the menu and decide what you're going to order ahead of time so you don't get off track.

WATER

☐ Before reaching for a snack, have a cup of water or some tea. Sometimes we think our body is hungry when it's just thirsty.

☐ Create a water schedule. Divide your goal water intake into attainable goals, like drinking 500 mL of water by 10 a.m., 1 Litre by 12 p.m. and so on.

☐ Buy a new water bottle! Sometimes a shiny new gift will help you keep water by your side so you stay hydrated!
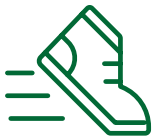
ACTIVITY

☐ Increase your workout time by 1 minute each day. It's a small step at the beginning, but you'll go from 15 minutes to 45 minutes in just 30 days!

☐ Turn on music and dance while doing chores around the house or do squats while brushing your teeth.

☐ Challenge yourself to learn a famous social media dance! You don't need to post it, but you'll be moving your body and possibly getting your heart rate up!

☐ Try working out in the morning before you can come up with excuses. If you need extra help, sleep in your workout clothes and keep your shoes next to your bed. That way, you just need to roll out of bed, put your shoes on and you're ready to go!

☐ Get a buddy — or 2! You'll keep each other accountable and workouts are always more fun with friends!

SLEEP

☐ Power off devices an hour before bed.

☐ Charge your phone on the opposite side of your bedroom. That way, you're not tempted to lie in bed scrolling.

☐ Create a bedtime ritual, like changing into your favorite pjs, doing your skincare regimen, dimming the lights and reading a good book.

☐ Take a warm shower or bath before bed, which may help lower your body temperature, making it easier to fall asleep.

☐ Wake up at the same time every day (even on weekends) if you have trouble sleeping your full 7–9 hours. This way, your body becomes familiar with your sleep schedule.

MOTIVATION

☐ Write down your WHY on a sticky note and keep it on your bathroom mirror for a daily reminder of why you started this journey.

☐ Take 3 sticky notes and write 3 things that you LOVE about yourself. Stick them in places where you might need a bit of a positivity boost!

☐ If you are feeling overwhelmed, make a list. Writing things down can help youorganise your tasks and thoughts.

☐ Take a break from your normal routine every day — walk outside for 10 minutes or spend time playing with your pet.