

Healthy Habits Newsletter



July 2024

In this month's newsletter, I look at the three main pillars of health that are often neglected - nutrition, movement, and sleep.

THE THREE PILLARS OF HEALTH: NUTRITION, MOVEMENT, AND SLEEP



In brief

- Don't seek out quick fixes
- Nutrition, movement, and sleep should be the focus of good health, especially as we age

In detail

In a world that constantly seeks quick fixes and instant solutions, it's easy to overlook the fundamental aspects of health that truly make a difference. While the allure of health hacks and shortcuts can be tempting, the reality is that the path to lasting well-being lies in consistently nurturing three main pillars: nutrition, movement, and sleep. By focusing on these core areas, we can address many health concerns and contribute to ageing well.

1. Nutrition and Hydration

Nutrition is the cornerstone of good health. The food we consume provides the essential nutrients our bodies need to function optimally. A balanced diet rich in fruits, vegetables, lean proteins, whole grains, and healthy fats ensures that we receive a wide range of vitamins, minerals, and antioxidants. These nutrients support everything from our immune system to our energy levels, mental clarity, and overall vitality.

Hydration is equally critical. Our bodies are composed of about 60% water, and staying properly hydrated is crucial for maintaining bodily functions. Water aids in digestion, nutrient absorption, temperature regulation, and the removal of waste products. Dehydration can lead to a range of issues, from headaches and fatigue to more severe health problems like kidney stones and urinary tract infections.



To optimise your nutrition and hydration:

- **Eat a variety of foods:** Incorporate different types of fruits, vegetables, proteins, and grains into your diet to ensure a wide range of nutrients.
- **Stay hydrated:** Aim to drink at least 2 litres of water a day, more if you are physically active or in a hot climate.
- **Limit processed foods:** Reduce intake of foods high in added sugars, unhealthy fats, and sodium.
- **Practise mindful eating:** Pay attention to your hunger and fullness cues, and savour your meals without distractions.

2. Movement and Exercise

Regular physical activity is vital for maintaining a healthy body and mind. Exercise helps to strengthen muscles, improve cardiovascular health, boost mood, and enhance overall physical fitness. Staying active can also help prevent chronic conditions such as heart disease, diabetes, and obesity.

Different types of exercise offer various benefits, and it's essential to incorporate a mix into your routine:

- **Aerobic exercise:** Activities like walking, running, swimming, and cycling increase heart rate and improve cardiovascular health.
- **Strength training:** Using weights or resistance bands helps to build muscle mass, which is crucial for maintaining metabolism and supporting bone health, especially as we age.
- **Flexibility and balance exercises:** Practices such as yoga and Pilates enhance flexibility, balance, and coordination, reducing the risk of falls and injuries.

To make movement and exercise a regular part of your life:

- **Set realistic goals:** Start with small, achievable targets and gradually increase the intensity and duration of your workouts.
- **Find activities you enjoy:** Whether it's dancing, hiking, or playing a sport, choose exercises that you find fun and engaging.
- **Incorporate movement into daily life:** Take the stairs instead of the lift, walk or cycle to work, and take regular breaks to stretch if you have a sedentary job.
- **Stay consistent:** Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week, along with muscle-strengthening exercises on two or more days per week.



3. Sleep

Quality sleep is often overlooked but is a crucial pillar of health. During sleep, our bodies repair tissues, consolidate memories, and regulate hormones. Poor sleep can lead to a range of health issues, including impaired cognitive function, weakened immunity, increased risk of chronic diseases, and mental health disorders such as anxiety and depression.

To improve your sleep:

- **Maintain a regular sleep schedule:** Go to bed and wake up at the same time every day, even on weekends.
- **Create a sleep-friendly environment:** Keep your bedroom cool, dark, and quiet, and invest in a comfortable mattress and pillows.
- **Limit screen time before bed:** Exposure to blue light from phones, tablets, and computers can interfere with the production of melatonin, the hormone that regulates sleep.
- **Establish a bedtime routine:** Engage in relaxing activities such as reading, taking a warm bath, or practising mindfulness to signal to your body that it's time to wind down.
- **Watch your diet and hydration:** Avoid large meals, caffeine, and alcohol close to bedtime, and stay hydrated throughout the day to prevent disruptions in sleep.

Final thoughts

While it's natural to seek shortcuts and quick fixes, the foundation of good health lies in consistently prioritising the three main pillars: nutrition, movement, and sleep. By focusing on these core areas, you can address many health concerns and set the stage for a long, healthy, and vibrant life. Remember, true wellness is a journey, not a destination, and investing in these fundamental aspects of health will pay dividends for years to come.

WHAT'S IN SEASON



Eating in season makes sense as produce will generally be cheaper and also taste great!
Here are a few fruits and vegetables that are in season in Australia right now.

FRUIT

Apples
Custard apples
Limes
Mandarins
Nashi
Oranges
Papaya
Rhubarb
Tangelo

VEGETABLES

Asian greens
Beetroot
Cabbage
Carrots
Cauliflower
Celery
Fennel
Kale
Pumpkin
Turnips



HELPING BUSY PEOPLE LOOK, FEEL, AND PERFORM AT THEIR BEST

About me

I'm a wellness transformation coach, hypnotherapist, corporate trainer, and creator of the DARE Model, a four-part system that helps individuals create healthy habits that stick. The DARE model forms the basis of my first published book, DARE to be Awesome: How to Create the Life of Your Dreams One Habit at a Time.

I now help busy people implement healthy habits so they can look, feel, and perform at their best.

I specialise in helping people with:

- losing weight using the Virtual Gastric Band hypnosis technique
- stopping smoking and vaping
- stopping or reducing alcohol consumption
- pain management
- sports performance
- business performance

About my book

I created the DARE model to help people easily set up healthy habits that stick.

DARE stands for Desire, Accountability, Reward, and Environment.

The DARE model forms the basis of my first published book, DARE to be Awesome: How to Create the Life of Your Dreams One Habit at a Time.

Work with me

Contact me if you would you like to know more about how I can help you reach your wellness goals.



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