

# Weekly Health Habits

Each day has a health habit for you to think about and achieve throughout the week. Ideally you'll demonstrate each of the habits on a daily basis.



## Meditation Monday

DO SOME MINDFULNESS MEDITATION



### WHY?

- Reduce stress
- Improve sleep
- Improve mood

### HOW?

- Insight Timer (Free app)
- Find a local class

## Try it Tuesday

### WHY?

- Keep learning
- Alleviate boredom
- Increase social engagement

### HOW?

- Try a new restaurant
- Visit somewhere new
- Take a different route
- Cook a new meal
- Learn a skill (music/language)



## Walking Wednesday

150+ min PER WEEK



### WHY?

- Improve mood
- Burn calories
- Improve heart health

### HOW?

- Walking meetings
- Take the stairs
- Active travel
- Led walks
- Walk to a colleague, instead of call

## Thirsty Thursday

# STAY HYDRATED



### WHY?

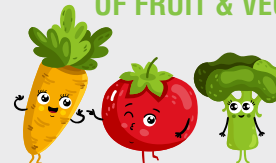
- Increase concentration
- Improve metabolism
- Improve mood

### HOW?

- 6-8 glasses of water
- Tea, smoothies, juice etc
- Dehydration/Pee chart

## Fruit Friday

5-10 PORTIONS OF FRUIT & VEG



### WHY?

- Vitamins & minerals
- Essential nutrients
- Improve heart health

### HOW?

- On cereal
- Swap to healthy Snacks
- Fruit juice (unsweetened)
- Vegetable based sauce
- Change4Life

## Social Saturday

GET OUT & SOCIALISE



### WHY?

- Stronger immune system
- Improve cognition
- Improve mood

### HOW?

- Message an old friend
- Go out for a coffee
- Join a new club/group
- Volunteer

## Sleepy Sunday



SLEEP FOR 7-9 HOURS

### WHY?

- Increase productivity
- Improve immune system
- Improve metabolism

### HOW?

- NHS LiveWell
- Relaxation Techniques
- Sleep diary

