



## 10 Tips Towards Health & Vitality from Murray at [www.peakperformancebubble.com](http://www.peakperformancebubble.com)

**1- Start with being grateful for your body.** Think about everything you've put your body through and it has stuck with you so celebrate that you are wonderful right where you are! Yes, there may be some things you'd like to improve and that's absolutely possible. You can't change the past and you can change the future so be grateful, optimistic and future focussed. Set some new goals for you health & wellbeing.

**2- Build a list...** of 30 benefits of improving your health other than losing weight. As you focus on your overall wellbeing you'll discover other parts of your life coming alive.

**3- Have a vision...** What does healthy longevity look like for you? We are all generally living longer, working longer and getting heavier. Prevention is better than cure so you may decide that absence of ill health, flexibility, energy, optimism, vitality, healthy joints and a strong back are assets you'd like to encourage into your future and lay the groundwork now. You are precious to the people around you so look after yourself!!

**4- If you're having a "this is it" moment...** feeling compelled to improve your wellbeing, work with your GP who generally has a global view of your health. That way you can celebrate the improvements along the way

**5- Eat real food as much as possible.** The main thing is to find a way of eating that you enjoy, makes sense to you, makes you feel healthy and is sustainable. We found the Well Fed books really helpful when we wanted to improve the quality of our nutrition. They are Paleo inspired and provide a foundation for sticking close to nature and eating more real food. The ideas on time saving preparation for the week are excellent! If you like things that Paleo style eating avoids just add them in, listen to your body and see how you feel. They are under \$20 and good value. <http://meljoulwan.com/wellfed/>





**6- Plan your meals...** especially lunch at work, healthy snacking options and plan light meals at night.

**7- Drink water.** Avoid drinking too many empty calories; keep an eye on the sugar content of soft drinks, sports drinks and commercial fruit juice. On a food label, 1 teaspoon of sugar = approx. 4g so 40g of sugar on a label is approx. 10 teaspoons. The World Health Organisation suggests no more than 6 teaspoons of additional sugar in your diet every day (that includes sugar in bread, breakfast cereals, pasta sauce, cakes, biscuits etc.). If you're thirsty, drink water. If you like, add lemon, lime or kiwi fruit slices to a jug of water and it's delicious.

**8- Move.** Find some physical activity that you will continue to want to do. Cardio (like walking), strength building (working with weights or Thera bands) and flexibility (stretching) are all helpful to explore. Make sure you work at a steady pace, don't overdo it. If you haven't exercised a lot in recent times, work into it gently. Exercise with your partner or a friend and enjoy yourself.

**9- Listen to music.** With the waves of digital distraction and screen time overwhelming us all, it's important to make time to sit, relax and listen to music. If you haven't done that for a while, you'll find yourself thinking "I must do this more often!"

**10- Your environment.** Curate your environment as an art gallery would curate a magnificent art show, bringing together the best! Surround yourself with things that support your goal. Shop at fresh food markets; prepare healthy snacks for work, exercise with a friend. You may choose to listen to podcasts and read books that are about improving your health and wellbeing goals. Advertising affects us all so it's very helpful to set up your own 'advertising campaign' and choose what's coming into your environment.

Designate a few people in your life as 'cheerleaders' if you're embarking on a new goal. Their job is encouragement; to convince you that you are wonderful, smart and courageous for setting a goal and working towards it. Improving your health improves so many areas of life; it's a wise investment of intention and focus. It raises the ceiling on what you can accomplish and experience in your life.

**You can do it!**