

HEALTHY SUMMER HABITS



Helping you develop healthy food and exercise habits that translate to real long term health benefits.

Together, healthy eating and regular exercise can have a powerful benefit to your health. Here are just some benefits to keep in mind:

- Increases aerobic fitness, muscle mass and metabolism
- Reduces blood sugar, blood pressure and improves heart health
- Helps manage anxiety and depression
- Helps you sleep better, improves memory and reduces dementia risk
- Good gut health, bone health and a strong immune system

Our top 10 tips to make exercise a part of your summer

- 1 **Choose activities you enjoy.** try swimming or exercising outside in the warmer weather and test new classes at the gym.
- 2 **Exercise with others.** Commit to a friend, go to a class, hire a PT or join a group.
- 3 **Prioritise.** Use positive self-talk, visualise how you'll feel if you meet your exercise goals, and make it happen.
- 4 **Plan.** What does your week look like? Set your alarm earlier. Have your clothes, bag, keys and water bottle ready to go the night before.
- 5 **Adapt and improvise.** If you can't get out, find exercise you can do at home. What about yoga, jumping on the trampoline, stretching or strength training? Even just 15 minutes per day is better than nothing.
- 6 **Invest in your health with quality equipment to keep you motivated.** Are your runners supportive and up to scratch? Is your workout gear comfortable and do you feel good in it?
- 7 **Fuel and hydrate for best performance.** Plan a quick breakfast or smoothie before. Or have a healthy, delicious post workout breakfast ready to go as a reward.
- 8 **Listen to your body. Don't push yourself too hard.** Stop and rest when you need to, and focus on longer term health benefits rather than smashing targets every day.
- 9 **Set goals.** Make them realistic, kind and meaningful for you. If it helps keep you motivated and focused, log your activity and times.
- 10 **Take the focus off weight.** Look for other indicators of health like vitality, strength, fitness, better mood and improved sleep.



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Our Top 10 Nutrition tips to keep you eating well and feeling good in your own skin.

- 1 Meal planning.** Put aside time each week to plan meals you enjoy and will fuel you well. Think about seasonality, timing and what your week looks like.
- 2 Bulk cooking, prepping and portioning.** Double (or triple) your cooking portions and freeze meals for the weeks ahead. Chop up veggies for quick snacks and salads.
- 3 Eat mindfully.** Take a breath and some time out for meals and snacks, rather than eating in front of the TV or computer. Focus. Practise tuning in to your appetite and fullness signals.
- 4 Don't skip meals.** You don't have to force yourself to eat when not hungry but find what works for you. Current evidence suggests that regular meals are better for heart health and metabolism.
- 5 Think ahead and shop savvy.** Fill your trolley and pantry with healthy, unprocessed foods. Read labels and minimise the sugar, salt and processed foods.
- 6 Include plenty of good fats and quality proteins.** These foods help keep your body nourished and satisfied. They include meat, chicken, eggs, legumes, nuts, seeds, extra virgin olive oil, avocados and tahini.
- 7 Up your intake of plant foods.** These provide valuable fibre, nutrients and antioxidants to support optimal nutrition and gut health. Eat a wide variety of colours every day.
- 8 Go for grains.** Don't be scared of carbs – but choose grainy, minimally processed and lower GI options like oats and barley, whole grain breads and cereals, buckwheat, quinoa and brown rice.
- 9 Watch the alcohol.** Put a cap on summer drinks, by increasing alcohol free days, and being mindful of healthy alcohol consumption guidelines.
- 10 Foster a positive relationship with food.** Connect with food by eating seasonally, experimenting, getting the family involved and visiting markets.

Label reading quick reference guide

Nutrient	Guideline
Sugar	Best options have less than 15g/100g sugar, or less than 25g/100g if product is high in natural sugars (eg. dried fruit)
Saturated fat	Aim for less than 3g/100g saturated fat
Sodium (salt)	Low salt products have less than 120mg sodium/100g (over 400mg/100g sodium is HIGH)
Fibre	Aim for breads and cereals with at least 3g fibre per serve



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