

GOOD HABITS



GOOD LIFE



Strong & serene

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We all want to feel stronger, healthier, and less anxious about the little things in life - Building strength and resilience doesn't have to be complicated.

Your starting guide to a fitter, calmer you

It's about small, intentional habits that support both your body and your mind.

Move like you mean it

Physical fitness is more than just 6 packs or running marathons. It's about having the energy and resilience to enjoy life.

- **Start simple:** Aim for 30 minutes of movement most days. Walking, cycling, dancing, it all counts.
- **Mix it up:** Combine strength training 2 x per week with cardio for heart health. Gym-timidation? Bodyweight or resistance bands are a great place to start!
- **Play over pressure:** Pick activities you enjoy so exercise feels like a reward, not a chore.

Eat for energy, not perfection

Healthy eating doesn't have to mean cutting out every treat. It's about balance and nourishment.

- **Eat the rainbow:** The more colourful fruits and veggies you eat, the more vitamins, minerals, and antioxidants you're getting.

- **Protein power:** Add a protein source (beans, fish, chicken, tofu) at each meal to keep you fuller for longer.
- **Hydration matters:** Water is your body's silent hero, aim for around 2 litres per day.
- **The 80/20 mindset:** Eat nutrient rich meals most of the time and enjoy your favourite meals without guilt.

Train your mind like a muscle

Just like your body, your mind thrives on regular workouts. Mindfulness, meditation, and positive habits can help you manage stress and find focus.

- **Start small:** Two minutes of deep breathing before your morning coffee can reset your mood.
- **Mindful moments:** Notice the taste of your food, the feel of the sun, or the sound of chirping in the morning, even tiny pauses add up.
- **Gratitude practice:** Write down three things you're grateful for each day to train your brain toward positivity.

Tackle stress before it tackles you

Stressing over the little things in life can really zap your energy and cloud your thinking. Keep it in check with these quick tools:

- **Move your body:** A short walk outside can make the world of difference.
- **Digital detox:** Give your brain a break from 'doom scrolling'.
- **And breathe:** Inhale for 4, hold for 4, exhale for 4.

Progress over perfection

You don't need to overhaul your life in one giant leap. Focus on building a few consistent habits.

Track your progress, celebrate those small wins, and remind yourself that strength and serenity are practices, not end goals.

Being **Strong & Serene** is about balance. Feed your body well, move in ways you love, give your mind the attention it deserves, and keep stress in check. Start small, stay consistent, and watch your energy, mood, and confidence grow.

Your journey begins today.

For support:
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