> Why's it so hard to do?

Most of us have a good idea about the kind of changes we could to make to our lifestyle to keep ourselves healthier for longer. We know we could:

- Exercise more
- Eat a healthier, more nutritious diet
- Stop smoking
- Keep within recommended alcohol limits
- Get a good night's sleep

But we find it really hard to adopt new, healthier habits. Sometimes we feel sad, sorry or guilty that we didn't make changes sooner. And sometimes we feel overwhelmed and anxious and don't know where to start.

> What can help?

- **Keep positive** – tomorrow is another day and it is never too late to adopt a new, healthy habit.
- **Take it one step at a time** – choose just one area of your lifestyle where you'd like to make a change to start with.
- **Set yourself specific goals and start small**. Rather than saying, "I must exercise more" say, "I'll walk for 10 minutes every day".
- **Be practical.** If you set yourself a goal like eating fewer biscuits and cakes make sure you have other, healthier snacks like fruit or nuts to hand for when you feel like a snack.
- **Think of adopting a new, healthy habit as a journey.** You might have setbacks or delays along the way but what matters is that you're heading in the right direction.

Simple Healthy Habits to Try

- Drink at least 6 glasses of water every day.
- Eat breakfast every day.
- Eat fish twice a week, especially oily fish.
- Eat five portions of fruit and vegetables a day – fresh, canned, frozen, juiced, dried – it's all good.
- Go for a walk with a friends instead of meeting them for coffee.
- Do chair based exercises whilst you watch television.
- Take time to unwind before you try to sleep and listen to music or have a warm bath.
- Try to go to bed at the same time every day.

Last reviewed Febraury 2021

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