



ADOPTING HEALTHY HABITS

Bromley

Well

HEALTH FACT SHEET

Updated December 2025

Why is it so hard to do?

Most of us have a good idea about the kind of changes we could 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
- Reduce our stress levels

But we find it really hard to adopt new, healthier habits. This can often be because it is overwhelming and we don't know where to start.



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 friend instead of meeting them for coffee.
- Do chair based exercises whilst you watch television.
- Take time to unwind before you try to sleep – listen to music or have a warm bath.
- Try to go to bed at the same time every day.

To register with Bromley Well:
Freephone 0808 278 7898
Or register online:
www.bromleywell.org.uk/refer

Contact Lifestyle Support direct
07985 431484 / 07985 444210
or email
enquiry@bromleywell.org.uk



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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 to start to change.

Set yourself specific goals and start small

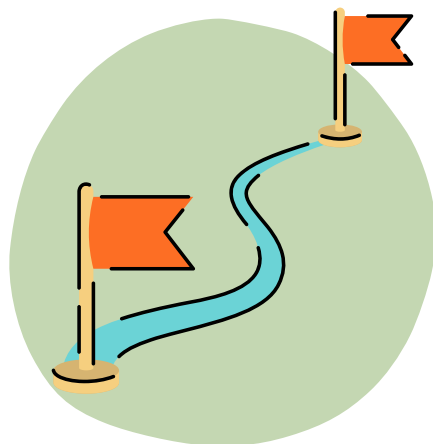
Rather than saying, "I must exercise more" say, "I'll walk for 10 minutes every day".

Be practical

If you set yourself a goal like eating better, have healthy snacks like fruit or nuts available to reduce snacking on less nutritionally dense options.

Think of adopting a new, healthy habit as a journey

You might have setbacks along the way but what matters is that you're heading in the right direction.



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