



## 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](http://www.bromleywell.org.uk/refer)**

**Contact Lifestyle Support direct**

**07985 431484 / 07985 444210**

**or email**

**[enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)**



## 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

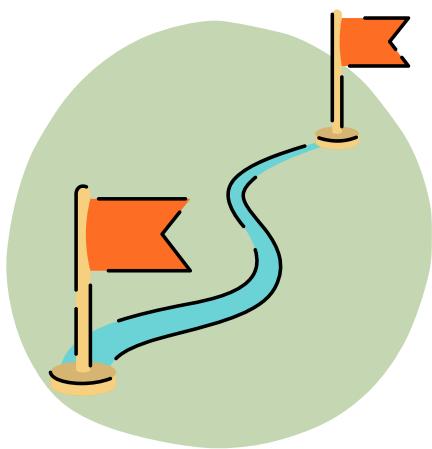
Rather than saying, "I must exercise more" say, "I'll walk for 10 minutes every day".

### 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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