



ADOPTING HEALTHY HABITS

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

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 friend 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.

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

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