

# FEBRUARY *Info Bite*

Changing your lifestyle one "bite" at a time



## LOVE YOUR BODY SHAPE!

Body positivity is about us valuing our shapes & sizes because we are all undoubtedly beautiful! Feeling good about your body is a huge plus. BUT recognising your true beauty does not stem from having an hourglass, pear or apple shaped body

Love yourself enough to rather strive towards "balanced living" which considers all aspects of life: work, fitness, relationships, diet and emotional well-being.

## TIPS FOR MANAGING A BALANCED LIFESTYLE

- 1) Commit to having your various yearly health checks – knowing is key!
- 2) Have healthy, regular meals & snacks
- 3) Cultivate a good sleeping pattern
- 4) Make sure you're always adequately hydrated
- 5) Regulate your caffeine and alcohol intake
- 6) Practice mindfulness
- 7) Surround yourself with positive people
- 8) Exercise regularly
- 9) Have a stress management strategy
- 10) Sensible supplementation

