



REFRESH YOUR HABITS

5 HEALTHY HABITS TO
IMPLEMENT THIS MONTH



Welcome to YOUR NEXT STEP

This guide will go over five easy-to-implement healthy habits to establish. No deprivation, no strict regimes -- just practical, timeless tips that you can implement into your lifestyle, no matter what your current schedule looks like. With simple steps applied over time, your routine will slowly begin to shift and take shape. This helps to create lasting habits built on a solid foundation, and this is the sweet spot where you finally start to feel hopeful, excited, and ready for what's to come.



01 FOCUS ON YOUR HYDRATION

Start this routine first thing in the morning by having a tall glass of water upon rising. Starting your day off with water will help you be more inclined to continue drinking it throughout the day. There are endless options with fruits and herbs that can pack a punch of flavor into your water bottle if you need flavor added.

Even better, starting your day off with a cup of warm lemon water has tremendous benefits. This simple trick helps boost your system for the day by cleansing out toxins, jumpstarting healthy digestion, infusing your system with some beneficial vitamins, and of course, helping to rehydrate you from your night of sleep.

Aiming to drink half of your body weight in ounces is ideal to ensure you are staying hydrated.

YOUR NEXT STEP

If you don't have a water bottle you love, get one. Find one you are excited about, and you'll be more likely to keep it with you at all times. Try warm lemon water tomorrow morning and see how you feel afterward.

02 SMALL CHANGES FOR BIG RESULTS

Does overhauling your entire life seem incredibly overwhelming? You aren't alone. That's precisely why I don't recommend it. Drastic changes often lead to giving up because one "wrong" decision leaves you feeling like you've failed. (PS - not true!)

The far more beneficial way to transform your habits to have lasting results is by making smaller changes over time. So what do you want to achieve? Jot your goals down and brainstorm ways to get there, step by step. Start with one step at a time, and forward movement will get you to those goals.



YOUR NEXT STEP

Use the next page to brainstorm your next steps. This will assist you in creating mini-habits that will be stepping stones toward your ultimate goal.

GOAL TRACKER

MAIN GOAL

ACTION STEPS

1.

2.

3.

1.

2.

3.

GOAL 2

ACTION STEPS

1.

2.

3.

4.

5.

6.

7.

GOAL 3

ACTION STEPS

1.

2.

3.

4.

5.

6.

7.

GOAL 4

ACTION STEPS

1.

2.

3.

4.

5.

6.

7.

GOAL 5

ACTION STEPS

1.

2.

3.

4.

5.

6.

7.



03 BE INTENTIONAL WITH YOUR CHOICES

If you don't already plan your meals ahead of time, this is a perfect time to start. Recipe and grocery list planning provides you the feeling of organization, being in control of your meals for the week, and helps alleviate the stress of figuring out what's for dinner every day. This will save you so much money, time, and sanity.

Start your Pinterest board now if you haven't already, look through your favourite cookbooks, call Grandma for her favourite family recipes and create a list of your favourite ones to add to your arsenal. Use these to plan out your weekly menus to know what to expect each week and know how to shop at the grocery store. It's important to use healthy recipes, including whole foods that provide you with the most beneficial nutrients.

YOUR NEXT STEP

Sift through recipes and compile a list of recipes you would like to make your staples in the kitchen. Get in the habit of writing a grocery list and sticking to it, and start weeding out any processed foods that are lingering in your kitchen and replace them with healthier alternatives.

A vertical photograph on the left side of the page shows a person's legs from the knees down. They are wearing wide-leg pants with a complex, colorful pattern in shades of orange, brown, and green. The person is standing on a dark, textured mat, and their bare feet are visible at the bottom. The background is a soft, out-of-focus indoor setting.

04 PRIORITISE MOVEMENT THAT YOU ENJOY

Is movement a part of your current routine? If not, it's time to start finding time in your schedule, a non-negotiable time that you know is there for movement and fitness. If an intense hour at the gym isn't a possibility for you — you do not have to cut the idea of fitness out of your lifestyle! This is a common misconception, but the reality is that most people do not spend two hours sweating buckets at the gym daily to stay healthy and fit.

When you make movement mandatory and enjoyable, you will find yourself looking at it as part of your routine as opposed to a pesky task you must undertake (and ultimately, procrastinate on — we've all done it.)

If you aren't an intense workout type of person, enjoy a stroll around your neighbourhood or favourite park daily — or on a treadmill while listening to your favourite podcasts or an audiobook of a book you've been meaning to read. Find something that works for you and make it a habit, step by step.

YOUR NEXT STEP

Think of 1-3 types of movement (yoga, walking, swimming, dancing, etc.) that you enjoy and put them into your routine.

05 FIND YOUR PORTION SIZES

Tinkering with your portions to figure out the perfect amount to satisfy you is a unique art that is different for every individual person.

One simple hack for being mindful of portions is eating on smaller plates. It's such an easy solution, and it works like a charm. When we use large dinner plates for our meals, the temptation is to fill every square inch of it. This leads to overeating, even when we aren't consciously making that decision. When using a smaller plate, such as a salad plate or mid-sized saucer, you can fill your plate while eating less and leaving your meal feeling satisfied instead of stuffed.



YOUR NEXT STEP

Evaluate your plateware. Do you have smaller salad plates or medium-sized saucers that you can use for your meals? How can you practice portioning your meals to find your limit?

MEET YOUR COACH



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