



## 7 STEP STARTER GUIDE

Key steps to kickstart your health and wellbeing



**Step 1**  
**EAT FRESH**

Eat fresh rather than processed foods, ask yourself, does this food come from nature? If the answer is No, then start to eliminate from your diet. Remember your 5 a day.



**Step 2**  
**BECOME ACTIVE**

Daily movement is the foundation to health, move more each and every day, take the stairs, parking further away at the supermarket, focus on those brisk 10-minute walks.



**Step 3**  
**MAINTAIN A HEALTHY LIFESTYLE**

Consistency is key, make health work for you and your lifestyle. A commitment 80% of your time builds that subconscious habit of health.



**Step 4**  
**PRACTICE MINDFULNESS**

Connect body and mind together, go outdoors immerse in nature, journal, and show gratitude for your day. Connect to healthy eating being away from screen distractions and mobile phones work on that connective process.



**Step 5**  
**WATER**

Drinking more water to hydrate your body and mind. Aim for 6-8 glasses of good old water a day to reduce fatigue, increase energy, improve mood, sleep, and digestion. Water is the fuel of life to our bodies.



**Step 6**  
**SET GOALS**

These include your daily habits as you make them achievable, reward your efforts each day and week as you push outside of your comfort zone to personal growth. Life is about dreaming big and taking action.



**Step 7**  
**BE GOOD TO YOURSELF**

Don't become obsessed with the process, calories, or exercise. Know small changes and gains will reward you. Take your time, enjoy, and feel the process. Life is for enjoyment so is your health and your approach to it.