

# The Pursuit of a Healthy Lifestyle

in 30 days with





## The Pursuit of a Healthy Lifestyle - in 30 days with sense\* A good habit a day keeps the doctor away

Health should never be boring or restrictive. It should be about opportunity and about what you're adding to your life—not what you're taking away.

However, we know creating a healthy lifestyle can be tricky, which is why a gentle approach is the way to go. For the next 30 days, get in the habit of focusing on just one action that benefits your wellbeing and watch how living well quickly forms part of your everyday life.

Each of these tips from our nutritionist Dimitra Sentelidou, is designed to enrich your day and help you make the most of life. By the end of the month, you may be surprised at how many habits have stuck.

#### What is a habit?



Wouldn't it be great if 'living well' was something you did automatically? Rather than being chore and an intention you sometimes forgot about? Well, if you programme your behaviours as new habits you can turn what might otherwise be a struggle into a way of life.

- Three to four weeks is all the time you need to make a habit automatic.
- Consistency is key, so with a small amount of daily discipline (and a little help form us to get you started), it no longer has to be a struggle.
- Keep it simple and don't try to change your life in one day. Once you develop a small habit, you can then build on that.
- Partner up with someone to keep you motivated and accountable

#### Make sense\* of your lifestyle pursuit...

The Pursuit of a Healthy Lifestyle in 30 Days with sense\* makes living well become a daily habit. We want you to keep your wellbeing in mind everyday, with one action a day for 30 days.

Every day do one thing that looks after your health and wellbeing. Congratulate yourself for the effort you're making and be mindful of the benefits these small, but important, actions are having.

We want you to enjoy living well and to celebrate the many ways this can be done.

If you want healthy living to become a daily habit, it should be a fun and easy part of your everyday life.

#### Want The Pursuit of a Healthy Lifestyle with sense\* to last more than 30 days?

Choose just one of these tips at a time and work on that alone for 30 days. Watch how you form two sets of habits as a result - the habit of daily self-care as well as embedding the tip itself into your everyday life.

## The Pursuit Of A Healthy Lifestyle...



Date started:		
Daily action:		
Write above one key action to	support your wellbeing that yo	u'd like to concentrate on over the coming 30 days.
<b>-</b>	or each day tick if you manage to at you learnt, how it made you fe	achieve the action, or cross if you don't manage. Then jot
Reflection after 30 days:		
<ul> <li>How has this benefited y</li> </ul>	ou?	
What have your learnt ab	out yourself?	
• What will you continue to	o do?	
What will you do differen	ntly next time?	



#### **30 Day Challenge Health Log Book...**

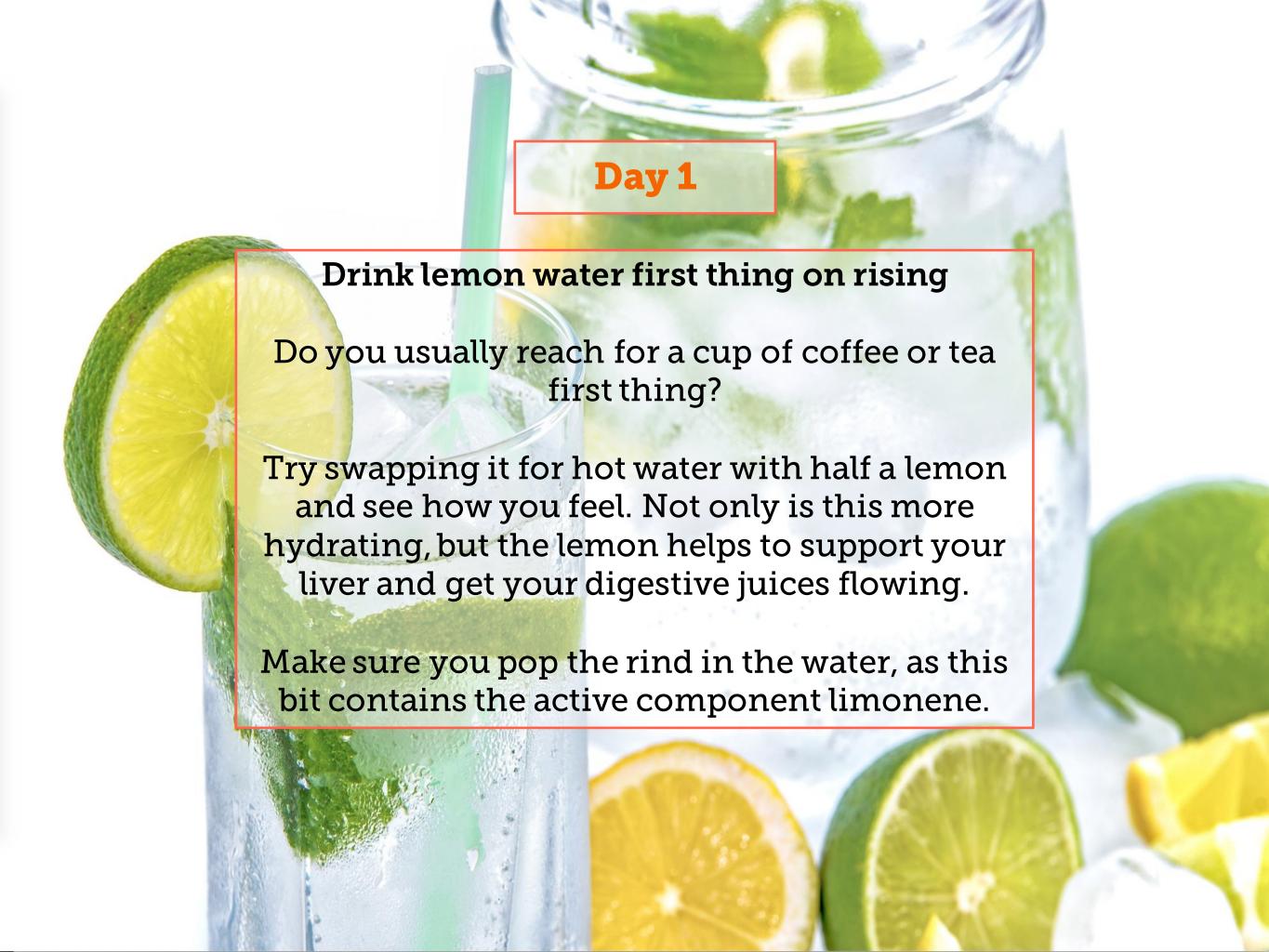
Date started:		
Daily action:		

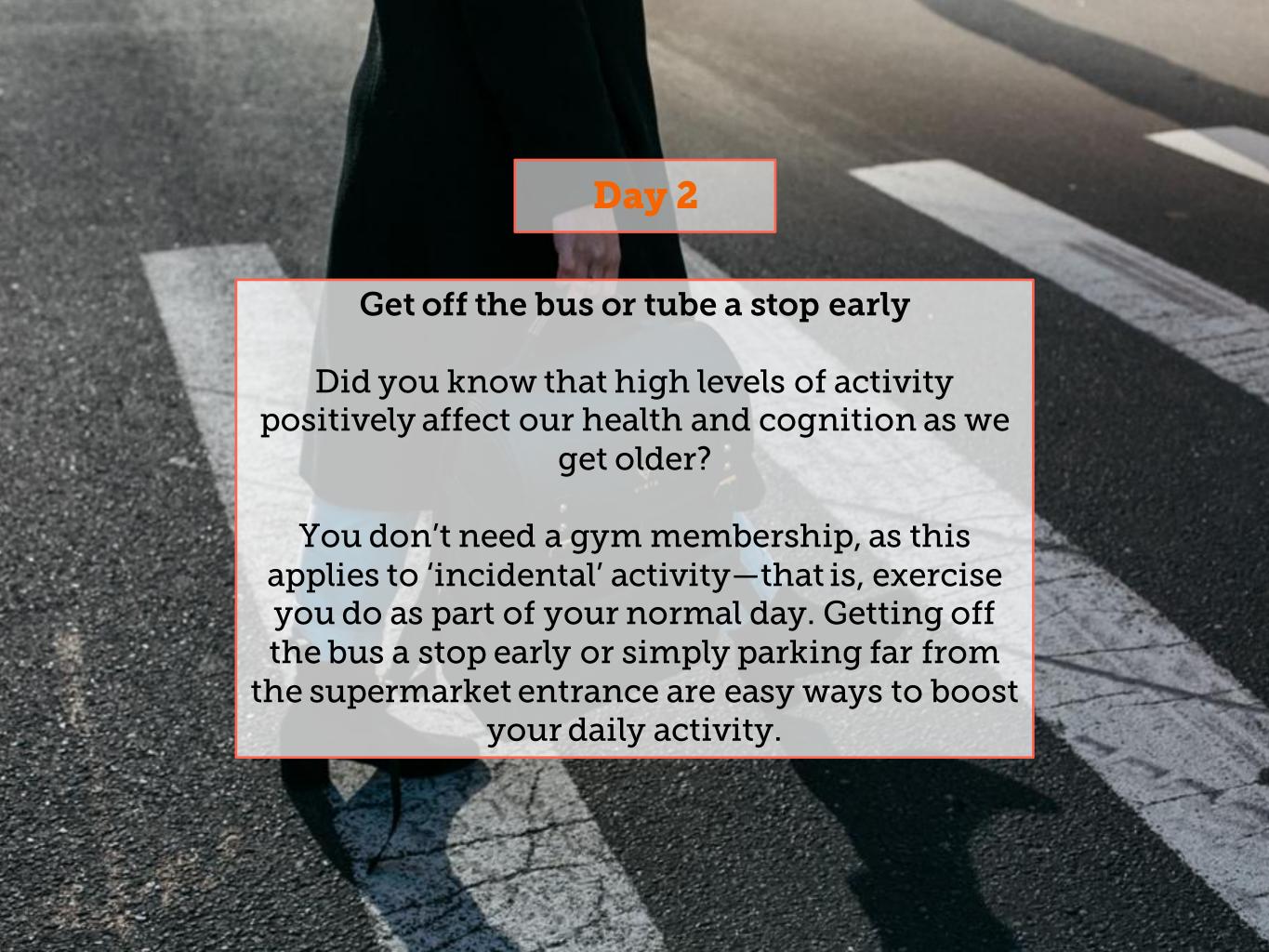
Fill in the day's column to track some of the different aspects of a healthy lifestyle. At the end of each day, add up the numbers in the day's column and write the total in the space at the bottom.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Portions of fruit &																														
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max. 10 points)																														
Glasses of water																														
(1 glass = 1 point,																														
max. 10 points)																														
Exercise																														
(5 minutes = 1 point,																														
max. 12 points)																														
Daily Total																														

#### At the end of the 30 days:

Look back over your total 'score' for each day and hopefully our 30 lifestyle tips will have helped your score to gradually increase over the 30 days.







#### Eat protein for breakfast

Protein is key for balancing your blood sugar, which helps to stabilise your appetite. If you tend to reach for cereal, why not change it up?

Go for scrambled eggs on toast, Greek yoghurt sprinkled with nuts and seeds or a cinnamon-spiced chia pot. Studies show that people who eat protein-rich food for breakfast end up snacking less later on.

For an extra nutrient boost, you can also mix a serving of one of the sense\* superfood supplement powders into your yogurt or chia pot.

#### Smile at yourself in the mirror

You may feel a bit ridiculous doing this, but hear us out! You smile when you're happy—but smiling can also make you happy.

This is because it encourages the brain to release dopamine, the reward hormone. For an instant boost, give yourself a big grin before you walk out the door for the day. No one needs to watch!







#### Turn your phone off an hour before bed

Social media has tremendous power for good—but probably not when you're scrolling through it at 11pm.

The trouble with this habit is that the blue light from your smartphone screen reduces the production of melatonin, the hormone that makes you feel sleepy.

For better sleep, turn your phone off at least an hour before you turn in. Take it as an opportunity to read a good, old-fashioned book instead.



#### Treat your gut to fermented food

Fermented and cultured foods such as kefir, kombucha and kimchi are seeing a resurgence in popularity—and for good reason. Research suggests that regularly eating fermented foods can help to support a healthy gut microbiome.

To give your gut some more TLC, why not try sense\* for gut health superfood supplement powder? Its expert blend of vitamins, minerals and organic botanicals is designed to support gut membranes and digestive function.

You can even blend it with your kefir!

#### Take 5 deep breaths before eating

How often do you eat at your desk, or in a rushed state?

When we're stressed, blood is diverted away from our gut, which makes digestion much more difficult.

Taking 5 deep breaths before eating helps to switch your body into parasympathetic mode—meaning it helps it relax. This enables smooth digestion and makes it much less likely that you'll bloat after eating.

#### Eat in a 12-hour window

New research suggests that restricting our eating to a set period of time each day can help to strengthen our circadian rhythm, which positively affects several aspects of health.

You don't need to be too strict—simply eat your food within a 12-hour period and fast for the rest. In practice, this means enjoying your last bite of dinner at 8pm and not eating again until breakfast at 8am.

You'll be sleeping for most of those hours, so it's surprisingly easy to do.



#### Take the stairs

This is another quick-win when it comes to incidental exercise. Today, skip all escalators and take the stairs instead. Tomorrow, do the same with lifts.

Build up gradually, and you'll soon be leaping up all flights of stairs—and feeling much better for it.

#### Try meditation

This is another activity that's exploded in popularity in recent years. With side effects that include better sleep and a greater sense of calm, it's certainly worth trying!

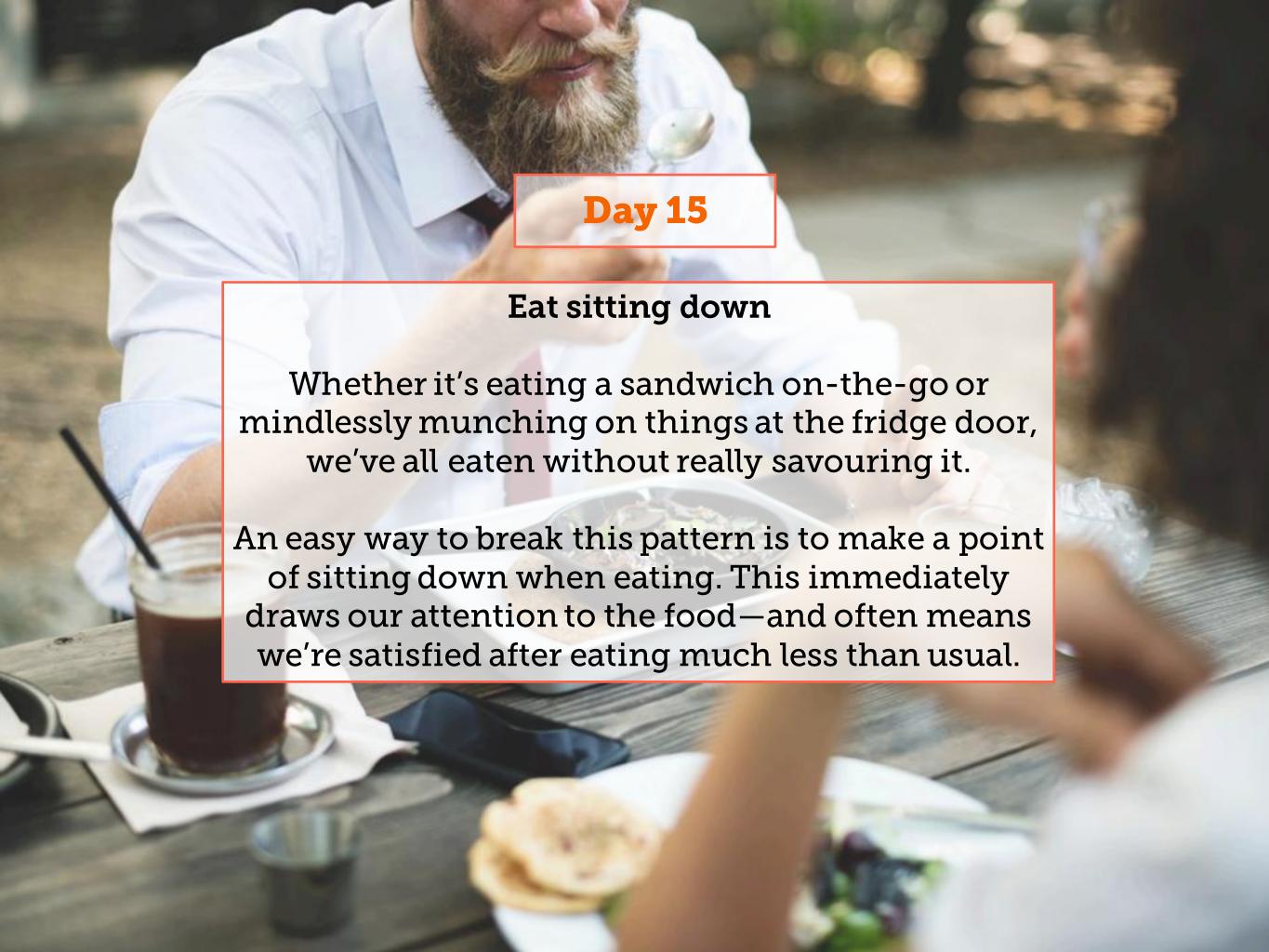
Meditation means different things to different people. Some people enjoy following along to a guided app, while others find stroking their cat for 10 minutes has a similar effect.

Find what works for you.

#### Go to bed half an hour earlier

Many people don't realise that a lack of sleep plays a role in the development of diabetes and heart disease. We get it—life is busy and sleep is the first thing to go as the to-do lists get longer. Just for today, make a point of going to bed half an hour earlier.

You might be surprised at how much better you feel. If you're still feeling tired after your night's sleep, try sense\* for busy lives supplements. These are brimming with vitamins and minerals that contribute to the reduction of tiredness and fatigue.



#### Call a loved one

We're social beings and we thrive on connection.
However, rather than collecting likes and followers, why not focus on deepening your real-life relationships?

It's not the number of friendships we have, but how meaningful they are that's important.

Cut down on social media and call your friend instead—you may well find it makes you happier.



#### Try a new food

Your gut bugs love diversity, but eating different foods doesn't mean you have to commit to whole new cuisines. Start small.

If you usually have Pink Lady apples with your lunch, why not try a Golden Delicious instead?

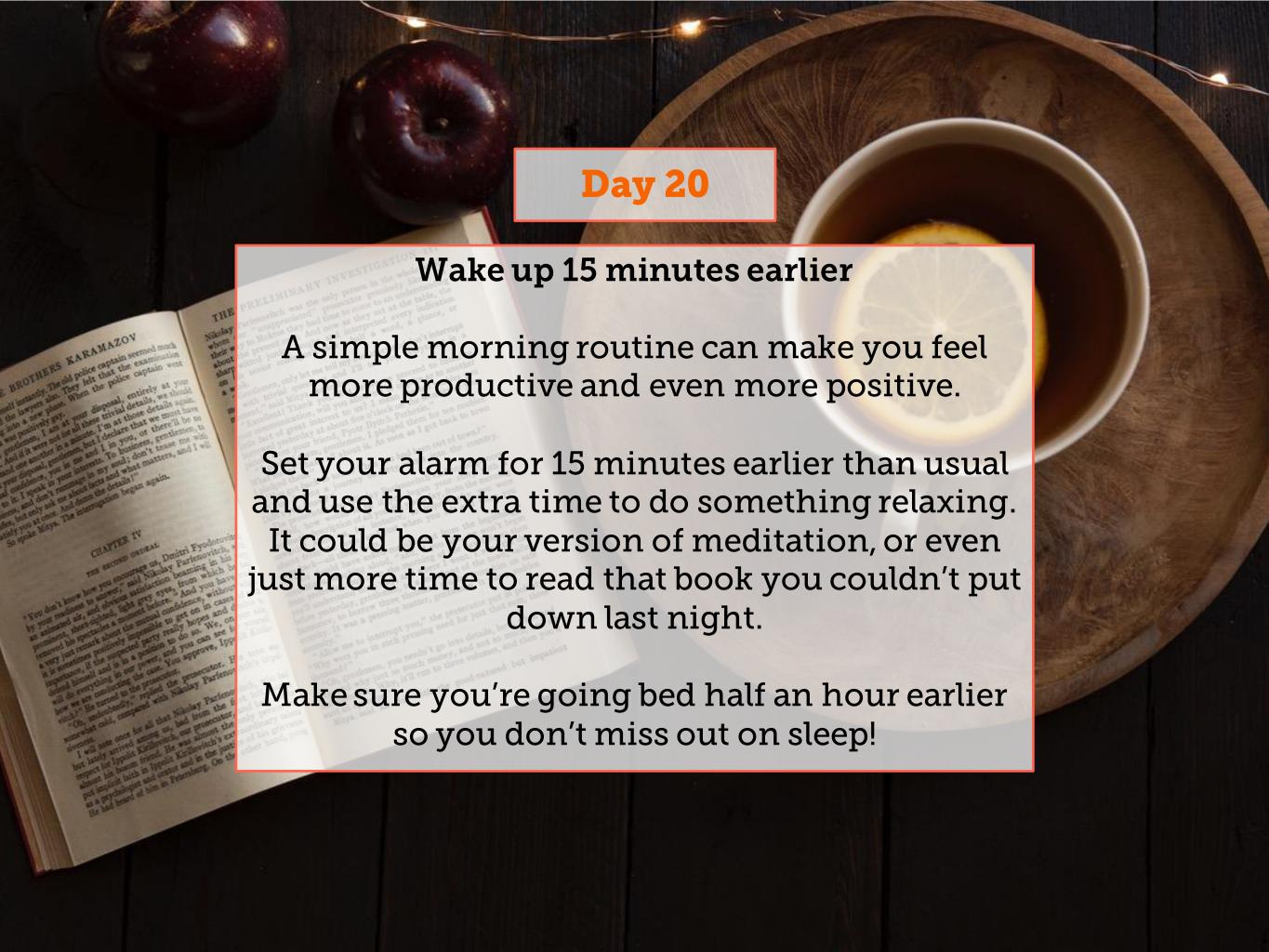
Little tweaks not only keep your gut happy, but they also make life that bit more interesting.

#### Drink plenty of water

Did you know that at just 1% loss of your body's water volume, your mood and brain power take a dive?

Drinking more water is such simple advice, yet it's often overlooked.

To make it easy and enjoyable, fill a water bottle with fresh fruit, herbs and filtered water, and keep it within arm's reach all day.



#### Get some natural sunlight in the morning

Along with eating all your food in a 12-hour window, exposing yourself to natural sunlight in the morning is another way to optimise your circadian rhythm.

Throw open your curtains as soon as possible or, if you can manage it, go for a quick walk shortly after sunrise.

You'll likely find that this habit helps you sleep better at night too.

#### Enjoy some dark chocolate

A study of nearly 1,000 people found that regular chocolate consumption was associated with stronger cognitive function.

Yes, that means chocolate can be good for your brain!

The trick is to go for dark chocolate, as this contains a higher concentration of active flavanols. Choose a bar of 70% cocoa (or higher) chocolate and enjoy a couple of squares.



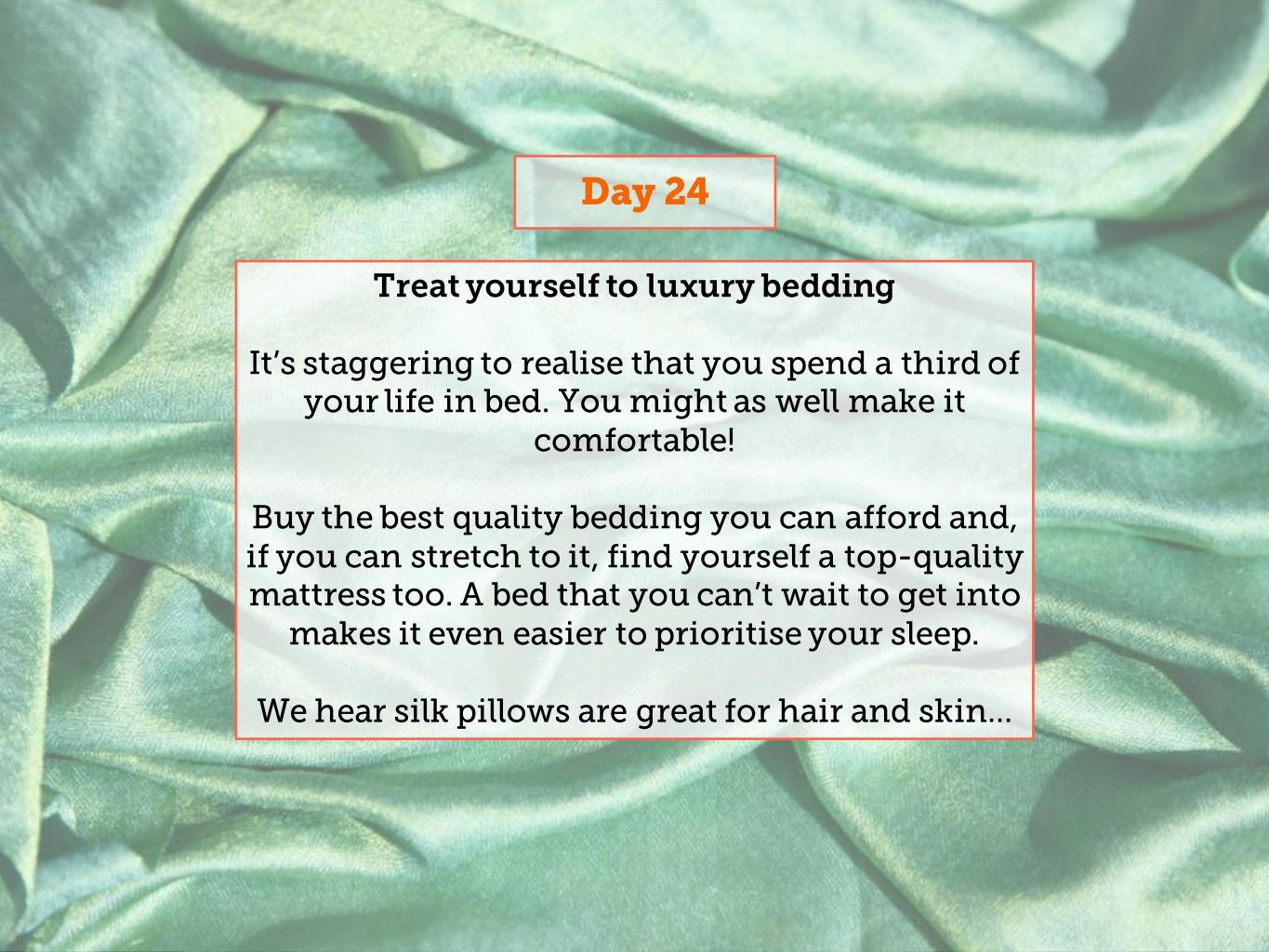
#### Try resistance training

So many of us equate exercise with running on a treadmill or cycling furiously on a stationary bike. But did you know that weight-bearing exercise is just as essential? This type of resistance work supports bone density, which becomes increasingly important as we get older.

Find a buddy to spot you, or treat yourself to a personal training session.

For extra care, take **sense\* for joint & bone**.

These expertly formulated supplements contribute to bone maintenance and support muscle function.



#### Make the most of healthy fats

After decades of being shunned, fat is back in favour. It's a good thing: this essential macronutrient plays a role in everything from creating hormones to supporting skin health.

You should still be mindful of saturated fat (and avoid trans fat altogether) but you can enjoy mono- and polyunsaturated fats daily.

Choose from oily fish, avocados, extra virgin olive oil and/or nuts and seeds.

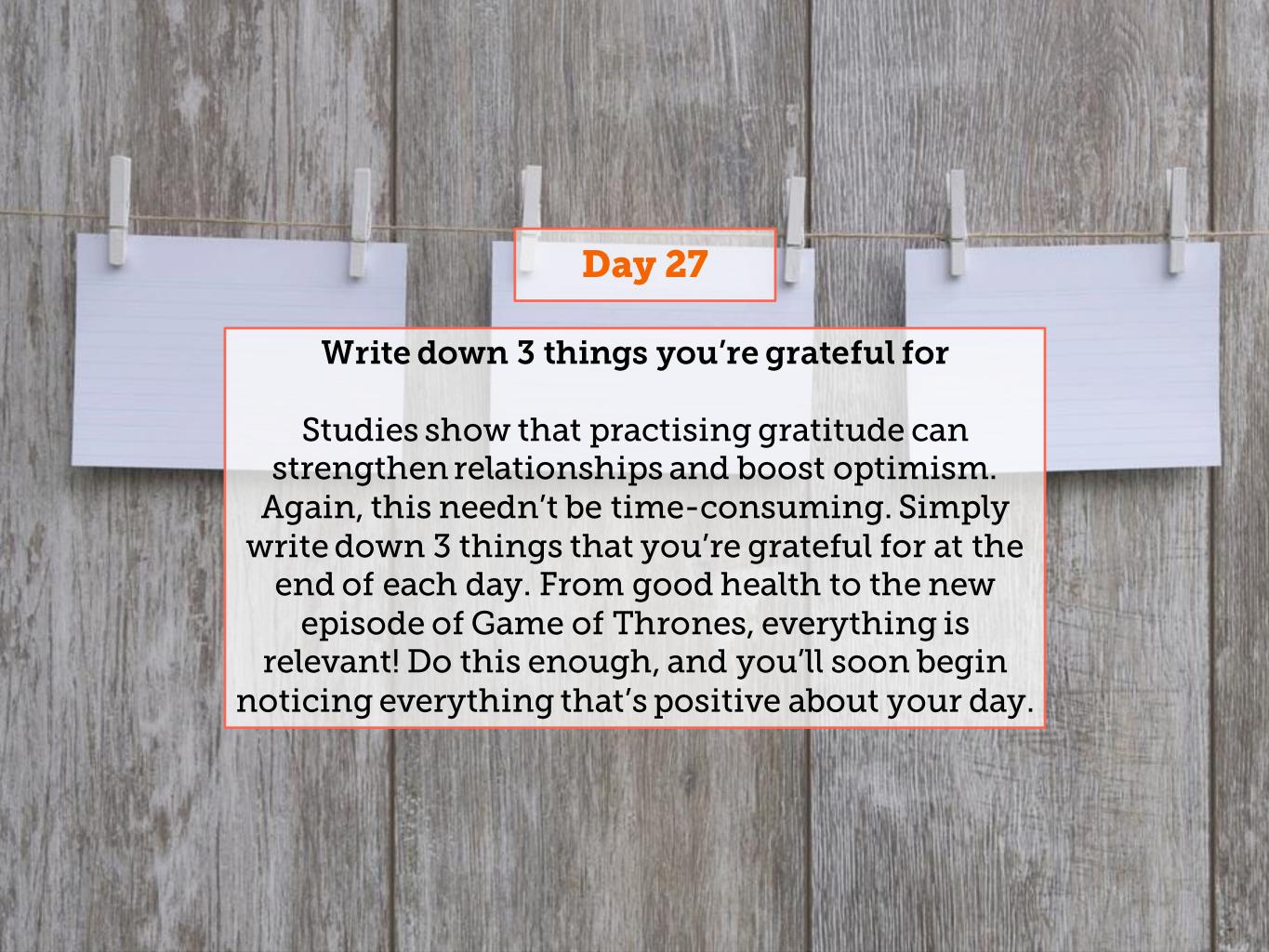


#### Go for a walking coffee

You already know that time with friends is important, but sometimes it can be a struggle to fit it all in.

Why not combine two things at once?

Meet your friend at the usual café, but order your coffee to go and amble around the block. You can catch up as usual while fitting in some valuable steps.



#### Take a bath

Another way to optimise sleep is to have a wind-down routine in the evening, which is a great excuse to have a bath. Fill the tub and luxuriate in it while reading your favourite book or magazine.

For extra relaxation, throw in a handful of Epsom salts and a few drops of lavender essential oil. If you don't have a bath, stand under your shower and take a few deep breaths while enjoying the sensation of the water.

#### Eat some broccoli

Good-old-reliable broccoli is part of the cruciferous family of vegetables, which also includes cabbage, cauliflower and Brussels sprouts.

These unassuming vegetables are special because they contain phytonutrients that help your liver carry out its functions.

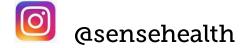
Eat a serving of broccoli today, and also try sense\* for a night out. Offering choline and a range of vitamins and minerals, this supplement is expertly designed to support your liver (whether you're going out on the town or not!).





#### We'd love to hear and see how you got on...







https://senseproducts.co.uk/contact-us/

#### References:

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Day 3 <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3718776/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3718776/</a>

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