



The Pursuit of a Healthy Lifestyle

in 30 days with
sense^{*}

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 from 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 you'd like to concentrate on over the coming 30 days.

There are 30 spaces below; for each day tick if you manage to achieve the action, or cross if you don't manage. Then jot down: what you noticed, what you learnt, how it made you feel?

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
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Reflection after 30 days:

- How has this benefited you? _____
- What have you learnt about yourself? _____
- What will you continue to do? _____
- What will you do differently 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 & vegetables (1 portion = 1 point)																														
Hours of sleep previous night (1 hour = 1 point, max. 8 points)																														
Number of steps (1000 steps = 1 point, 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.

The background of the image shows a large glass pitcher and a smaller glass, both filled with water, ice cubes, and lemon slices. A green straw is inserted into the smaller glass. The scene is brightly lit, emphasizing the freshness of the lemon water.

Day 1

Drink lemon water first thing on rising

Do you usually reach for a cup of coffee or tea first thing?

Try swapping it for hot water with half a lemon and see how you feel. Not only is this more hydrating, but the lemon helps to support your liver and get your digestive juices flowing.

Make sure you pop the rind in the water, as this bit contains the active component limonene.

Day 2

Get off the bus or tube a stop early

Did you know that high levels of activity positively affect our health and cognition as we get older?

You don't need a gym membership, as this applies to 'incidental' activity—that is, exercise you do as part of your normal day. Getting off the bus a stop early or simply parking far from the supermarket entrance are easy ways to boost your daily activity.



Day 3

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.

A woman with dark hair, wearing a white long-sleeved dress and a straw hat, is looking into a mirror. The background is a light-colored wall.

Day 4

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!



Day 5

Eat the rainbow

From Japan to the Mediterranean, the healthiest diets in the world have always included lots of fresh produce—and now modern research has discovered that our gut bugs love the fibre and phytonutrients found in these colourful fruits and vegetables.

Every day, try to fill your plate with all the colour groups. These include red (e.g. tomatoes), yellow (e.g. bananas), orange (e.g. carrots), green (e.g. kale), blue/black/purple e.g. (blueberries) and white/tan/ brown (e.g. onions).

Day 6

Take a lunchtime walk

The benefits of walking are endless, especially when it's in a natural setting. In fact, research suggests that gentle exercise in green spaces can even boost your self-esteem.

So what are you waiting for?

Whether it's a nearby field or a local park, getting out there for just 20 minutes can help you deal with whatever the day throws at you.



Day 7

Make time for joy

So many of us get caught up in doing and achieving that it's easy to forget we're human beings! Including something joyful in your day is one of the secrets to a fulfilled existence.

A little trick is to think back to what you liked doing as a child—dancing, painting or even rollerblading?

Whatever it is, weave that joyful activity into your day.

A silver iPhone is lying on its back on a light gray surface. A pair of white AirPods is also on the surface, one slightly above the other. The iPhone's camera and flash are visible at the top left. The AirPods are positioned near the top center of the frame.

Day 8

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.

The background of the image shows a brown glass bottle with a green cap on the left and a potted plant with green leaves on the right. The text is overlaid on a semi-transparent white box in the center.

Day 9

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!



Day 10

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.

Day 11

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.



Day 12

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.

The background of the entire image is a photograph of a Buddha statue covered in a thick layer of snow. The statue's head and shoulders are visible, with its hands resting in its lap. A red-bordered rectangular box is positioned in the upper center of the image, containing the text 'Day 13'.

Day 13

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.

Day 14

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.

A man with a full beard and mustache, wearing a white button-down shirt, is sitting at a wooden table outdoors. He is holding a spoon and eating from a white bowl. On the table, there is a glass of dark coffee with a black straw, a small metal cup, and some food items. The background is blurred, showing trees and a path.

Day 15

Eat sitting down

Whether it's eating a sandwich on-the-go or mindlessly munching on things at the fridge door, we've all eaten without really savouring it.

An easy way to break this pattern is to make a point of sitting down when eating. This immediately draws our attention to the food—and often means we're satisfied after eating much less than usual.

The background of the entire image is a close-up of two hands holding each other. The hand on the right is wearing a multi-strand beaded bracelet with colorful beads in shades of red, yellow, green, and blue. The hands are positioned in a way that suggests a supportive or comforting grip. The background is a soft-focus view of green foliage.

Day 16

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.



Day 17

Do some stretching

If we're in a rush to fit in our gym workout, it can be tempting to forgo the stretch at the end. But we miss out if we do: studies show that regular stretching can help to enhance flexibility and even reduce tension headaches.

Put aside 20 minutes today to have a full-body stretching session. Just before bed is ideal.

Day 18

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.



Day 19

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.

Day 20

Wake up 15 minutes earlier

A simple morning routine can make you feel more productive and even more positive.

Set your alarm for 15 minutes earlier than usual and use the extra time to do something relaxing.

It could be your version of meditation, or even just more time to read that book you couldn't put down last night.

Make sure you're going bed half an hour earlier so you don't miss out on sleep!

Day 21

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.

Day 22

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.



Day 23

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.

Day 24

Treat yourself to luxury bedding

It's staggering to realise that you spend a third of your life in bed. You might as well make it comfortable!

Buy the best quality bedding you can afford and, if you can stretch to it, find yourself a top-quality mattress too. A bed that you can't wait to get into makes it even easier to prioritise your sleep.

We hear silk pillows are great for hair and skin...

A sliced avocado is shown on a light-colored, textured surface. The avocado is cut lengthwise, revealing its green flesh and dark brown skin. The slice is positioned on the right side of the frame, with the text overlay on the left.

Day 25

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.

A person with blonde hair, wearing a grey sweater and white pants, is standing on a sandy beach. They are holding a white coffee cup with a black lid and a logo that says "CROWN COFFEE". The background is a bright, sandy beach with some sparse vegetation.

Day 26

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.

Day 27

Write down 3 things you're grateful for

Studies show that practising gratitude can strengthen relationships and boost optimism. Again, this needn't be time-consuming. Simply write down 3 things that you're grateful for at the end of each day. From good health to the new episode of Game of Thrones, everything is relevant! Do this enough, and you'll soon begin noticing everything that's positive about your day.

Day 28

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.

A close-up photograph of a single broccoli floret, showing its characteristic green, bumpy texture. The floret is positioned on a light-colored wooden surface, with the wood grain visible in the background. The lighting is soft, highlighting the natural colors of the vegetable.

Day 29

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!).



Day 30

Do a good deed

Research has found that performing acts of kindness can help you feel more satisfied in life.

This means that doing something good for someone else—such as giving a friend a compliment, helping a colleague out or paying for a stranger's coffee—can make you feel good too.

How cool is that?

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



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

References:

- Day 2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5784952/>
Day 3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3718776/>
Day 6 <https://www.tandfonline.com/doi/abs/10.1080/19438150903378425>
Day 8 <https://www.physiology.org/doi/full/10.1152/japplphysiol.01413.2009>
Day 9 <https://onlinelibrary.wiley.com/doi/full/10.1111/j.1365-2672.2006.02963.x>
Day 11 <https://www.ncbi.nlm.nih.gov/pubmed/24674294>
Day 14 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2845795/>
Day 17 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4316547/>
Day 19 <https://academic.oup.com/ajcn/article/104/3/603/4564728>
Day 22 <https://www.sciencedirect.com/science/article/pii/S0195666316300459>
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Day 30 <https://www.tandfonline.com/doi/abs/10.1080/00224540903365554>