

# Feel Healthy, Be Happy, Live Well



2 ANCHOR HABITS: (When all else "fails" return to these, view them as the STRUCTURE behind your day-to-day nutrition):

## **\*\* HABIT 1 – Eat Slowly**

- Do something in between bites – take a breath, focus on table conversation
- Distraction free eating – put down the phone, turn off the TV
- Set a meal timer, sit down, schedule in time to eat
- Observe: What affects your eating speed? Others around you? Your environment?

## **\*\* HABIT 2 – Eat Until 80% Full**

OTHER HABITS:

## **\*\* HABIT 3 – Practice Making a Great Plate at each meal!**

- Use your hand-measuring guide
- Fill up on the veggies and REAL food when and where you can! Think "ADDING IN"!

## **\*\* HABIT 4 – Eat More Protein**

- Eat more protein throughout the day.
- Try to spread it throughout the day in each meal, instead of in one big hit in the morning, and one in the evening. It is best to be spread out not just consumed in one or two sittings.

## **\*\* HABIT 5 - 1% Better each day, with each meal choice.**

- Ask: "Does this choice Serve Me?"

## **\*\* HABIT 6 – Make Time to Move - Every Day!**

OTHER TOOLS:

- Food and Mood Diary
- Behaviour Awareness Exercise – Ask: "Is this working for me?" & "Is this SERVING me?"
- Going back to your "WHY"... come up with some Indicators of Success. What does "SUCCESS" in your health journey look like for you? \*\* One rule – it cannot contain NUMBERS! It MUST be "Sensory Indicators" (touch, feel, look, taste, and sound like).
- Join our Community – TLB ONLINE at [www.thelifestyleblock.co.nz](http://www.thelifestyleblock.co.nz) ... Real, Simple, Sustainable Strategies for Lifelong Health and Wellness. At your fingertips, whenever you want them!

Reach out to us at any time!

Follow us on IG: @the.lifestyle.block or FB: "The Lifestyle Block"

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