































## GETTING STARTED ON YOUR ROAD TO BETTER HEALTH & WEIGHT LOSS

It's time for change - small changes lead to big progress.  
Pick one thing off this list each day and add to every day for a month. Then keep it going.

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 Start now	
 Get prepared	
 Set a routine	
 Plan your weekly meals & write a shopping list	
 Clean & tidy your kitchen, fridge & pantry	
 Eat a varied diet	
 Get 8 hours sleep a night	
 Drink a glass of water every hour you're awake	
 Eat at regular meal times	
 Cook your own meals as much as possible	
 Reduce your portion size by at least one-quarter	
 Don't skip meals	
 Focus on nutrient dense food - protein, veg, fruit, nuts, seeds, legumes, complex carbs	
 Cut back on processed food & sugar (salt, sugar & trans fats are hidden in processed food)	
 Add two extra veg & one fruit to your diet each day	
 Eat fish & other seafood twice a week	
 Eat a small serving of legumes several times a week (chickpeas, black beans, lentils etc)	
 Eat 1/4 cup of nuts each day (pecans, walnuts, almonds, pistachio, brazil, cashew & such)	
 Eat 1/2 to 1 cup of berries each day (blackberries, raspberries, blueberries)	
 Try to not snack between meals (a piece of fruit, a boiled egg or a small handful of nuts if you're ravenous)	
 Stop eating when you're no longer hungry	
 Track your calories	
 Finish eating 3 hours before bedtime	
 Pack your lunch for work	
 Move your body	
 Have a dedicated workout time for 20 mins, increasing each week by 5 mins	
 Have clothes ready (especially workout clothes) the night before	
 Try to get to bed before 10.30PM (different for shift workers)	
 Keep up the good work on the weekends	
 Stay consistent (following this list)	

This is a journey. Commit to your health and wellbeing - stay consistent and dedicated.  
Focus on nutrient dense food and be adventurous. We're here to support you as we share our own journey.