Small changes to make this year for a healthier you

To be healthier, you don't need to make huge changes in your life. Making small changes is often more practical and manageable and can have a big impact over time. Make these small changes this year and feel healthier.

Drink more water

Drinking more water is one of the easiest and most effective ways to improve your health. There are many benefits including weight loss, improved brain function and decreased fatigue. However, many people struggle to drink enough water. If you're one of them, here are some clever tips to help you drink more water:
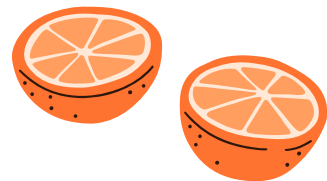
Practical tips

1
Carry a water bottle with you everywhere you go.

2
Set reminders on your phone or computer to drink water regularly.

3
Add some flavour to your water by adding slices of lemon, lime or orange.

Eat more fruits and vegetables

Eating more fruits and vegetables is one of the best things you can do for your health. Fruits and vegetables are packed with nutrients essential for good health, including vitamins, minerals and antioxidants. They also contain fibre, which is essential for digestion. Studies have shown that eating more fruits and vegetables can help improve your overall health, decrease your risk of chronic diseases and promote weight loss. To ensure you're getting enough fruits and vegetables, try to eat them at every meal and snack. You can add them to smoothies or juices or sneak them into recipes.
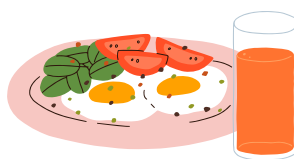
Practical tips
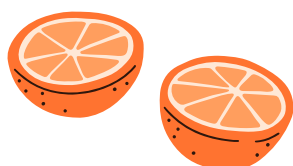
1 Keep a stash of cut-up fruit and vegetables in the fridge, so they're always ready to eat.

2 Add fruit or vegetables to your breakfast by having a fruit smoothie or adding some spinach to your eggs.

3 Make lunch or dinner a mix of different colours by including a variety of fruits and vegetables on your plate.

Get moving

Exercise is important for overall health. It can help improve your mood, increase energy levels and protect your heart. However, many people need help to get enough exercise. If you're not used to exercising, start slow by adding some simple activities to your daily routine. For example, you could take a brisk walk every day or do some basic exercises at home. Once you're more comfortable, you can gradually increase the intensity and duration of your workouts.

Practical tips

1 Park your car further away from your destination.

2 Take the stairs instead of the lift.

3 Do some stretches or bodyweight exercises while watching TV.

Reduce stress

Stress can harm your health, both mentally and physically. It can contribute to problems such as anxiety, depression, insomnia and heart disease. Therefore, finding ways to reduce stress in your life is essential. There are many different ways to do this. Simple tips include exercise, relaxation techniques and spending time with friends and family. Consider changing or simplifying your lifestyle to reduce stress levels.
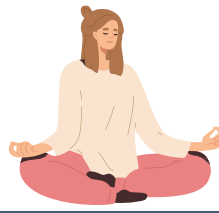
Practical tips

1
Exercise for at least 30 minutes every day to help reduce stress levels.

2
Try relaxation techniques such as yoga, meditation or deep breathing.

3
Spend time with loved ones or friends who make you feel good and help you relax.

Get enough sleep

Getting enough sleep is crucial for good health. It can help improve your mood, increase energy levels and protect your mental health. However, many people struggle to regularly get enough sleep. You can do many things to improve your sleep, including establishing a regular sleep schedule, avoiding caffeine before bed and creating a relaxing bedtime routine. Consider making some changes to your lifestyle, such as reducing stress levels or exercising more during the day.

Practical tips

1
Go to bed and wake up at the same time every day to establish a regular sleep schedule.

2
Avoid caffeine in the evening or limit it to one cup of coffee per day.

3
Create a relaxing bedtime routine that includes 30 minutes before sleep.

Practice self-care

Self-care is any activity you do deliberately to take care of your physical, mental or emotional health. It can include exercise, relaxation, healthy eating and spending time with loved ones. Self-care aims to promote well-being and improve your quality of life. However, many people struggle to make time for self-care. If you need help fitting self-care into your schedule, try to find small ways to incorporate it into your daily routine. For example, take a few minutes each day to meditate or journal.

Practical tips

1 Make a list of activities that make you feel good and try to do one every day.

2 Set aside time each week for a more extended self-care activity, such as a massage or yoga class.

3 Find small ways to include self-care into your daily routine, like breathing exercises before bed or stretching in the morning.

These practical tips will help you get started on the path to a healthier you. Making small changes is a great way to start. Our experts are here to help. Contact your HealthHero or Validium service if you need support.

HEALTH HERO®