



AWARENESS

NEW YEAR - NEW YOU

There's no better time than the start of a new year to re-think and re-align your personal and professional goals.

You might have been thinking about your goals for a few weeks already, but now you need to turn those thoughts into an actionable plan.

Here's a quick guide to get you started:

1. Eat better

- Take time to read up and research about what healthy eating means.
- Critically evaluate your diet - where can obvious and easy changes be made?
- Make a list of what you currently eat that you know is not good for you.

2. Set a personal goal

- Don't hold yourself back, think about what truly matters to you and set a goal around that.
- It doesn't matter what it is, but it should be audacious enough to give you a sense of achievement but not so difficult you're put off before you start.

- Some examples – reduce your BMI to under 30, learn the names of every cut of meat, do a whiskey tasting course or learn to salsa.

3. Exercise More

- Talk to your GP about exercise before you begin, particularly if you have a health concern.
- You don't need to spend money to exercise, walking is a great form of exercise and so are online exercise videos.
- Join a gym if you think you'll continue using it.
- Get the family involved and make exercise fun and inclusive for everyone.

4. Quit something destructive

- Identify one thing about yourself or your habits that you want to leave in 2017.
- If you smoke, make a plan to quit.
- If you're overwhelmed by stress, research ways to manage or control it
- The New You deserves less baggage at the start of this journey.