

Your Healthy Habits Cheat Sheet

Building healthy habits doesn't have to be overwhelming. Science shows that small, consistent changes lead to lasting results.

How to use this cheat sheet

Start by mastering one habit at a time. Once it feels natural and part of your routine, check it off and move on to the next. Easy!

Choose a habit to focus on

Diet	Sleep
☐ Include a protein source at each meal (think: lean meat, eggs, beans, tofu).	☐ Keep bedroom temperature cool and choose natural fibres for bedding.
☐ Include calcium sources (think: dairy, canned fish with bones, leafy greens).	☐ Stick to a sleep schedule: same bedtime and wake-up daily.
☐ Add a serve of veg to each meal.	☐ Skip caffeine 8 hours before bed.
☐ Include iron-rich foods (think: red meat, chicken, eggs, legumes, leafy greens).	☐ Skip alcohol, particularly in the lead up to bedtime.
Exercise	Mindfulness
☐ Start with a 5-minute walk; add an extra 5 minutes each day.	☐ Avoid screens/social media 1 hour after waking and before bed.
☐ Stretch in the morning or before bed to keep joints mobile.	☐ Write 3 things you're grateful for everyday.
☐ Move your body in a way each day that's fun (dance, walk with a friend)	☐ Try a 1-minute meditation and build up gradually.
☐ Strength train 1-2 days a week to build bone density and muscle.	☐ Text or call a friend or loved one, just because!

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