

# HABITS

## OF PEOPLE WHO ARE ALWAYS

### *FIT*

## MORNING ROUTINE

### GET UP EARLY:

Early risers are more proactive, use the extra time to do some exercise, meditate or have a good breakfast.

Start by moving as soon as you get up; you can do some stretching or go for a run.

Get up 5 minutes earlier every morning until you reach your goals



### A GOOD BREAKFAST:

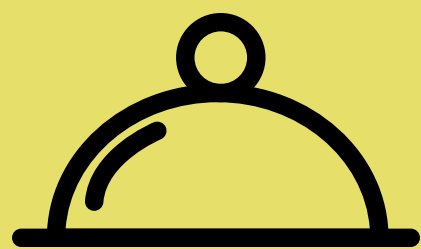
A healthy breakfast is a good way to get the energy to start the day.



Your breakfast should consist of: 25% protein such as eggs, yoghurt or butter.

25% carbohydrates such as cereal or pancakes.

50% fruit or vegetables such as bananas or oranges.



## AT WORK

### DRINK PLENTY OF WATER THROUGHOUT THE DAY:

This keeps you well hydrated and less fatigued.



Start the day with a glass of hot water with lemon for good digestion.

Keep a water bottle near you to remind you to drink water.



### GET UP AND MOVE AROUND FROM TIME TO TIME

It is proven that a walk through the office from time to time can reverse vascular dysfunction.

## TIME TO EAT

### BRING YOUR OWN FOOD TO THE OFFICE:

If you prepare your food at home, you can choose the ingredients and make it a balanced and healthy meal.

## IN THE AFTERNOON

### KEEP FIT RETURNING HOME:

Walking or cycling home will improve your physical and mental state.

### DINNER AT THE CORRECT TIME:

Eating dinner too late can have an impact on the quality of your sleep.

