

BELIEVE NUTRITION

10 healthy habits

for better sleep, getting fit, reducing stress
and losing weight.



Better Sleep

1. Set a schedule: Your body clock follows a routine. Set a sleep and wake up time and stick to it.
2. Temperature: Keep the temperature between 18-20 degrees Celsius. The science shows this is the ideal temperature for us to fall and stay asleep.
3. 30 minutes of mindfulness: Keep that phone away for at least 30 minutes before bed to wind down. Try to read or stretch to get yourself ready for bed.
4. Bedroom sleep makeover: Make sure your room's temperature is not too warm or too cold. Block out any light with blackout curtains, and buy earplugs if you live in a noisy neighborhood.
5. Cut stimulants: Don't drink caffeinated beverages after 4pm, as caffeine makes it difficult for you to fall asleep at night.
6. Avoid all technology: Bright light can stimulate your mind to stay awake for longer. Blue light from electronic devices can reduce the production of melatonin in the brain by 22%.
7. Bedtime bath: Taking a relaxing, hot bath before bedtime can help you unwind and relax your muscles.
8. Glass of warm milk: Tryptophan, an amino-acid in milk, can help you sleep better at night.
9. Small meals in the evening: Consuming a large meal close to bedtime can affect your sleep, as your body tries to digest the food. Stick to healthy snacks after 8pm.
10. Avoid sleep-aid: As tempting as they sound, sleeping medication can cause daytime drowsiness and reliance. Try to naturally improve sleep if you can.



More Exercise

1. Start with 30 minutes: If you're new to fitness, start with short exercise sessions to get your body used to it.
2. Standing desk: If your work allows it, a standing desk can help improve your posture, burn more calories, and improve productivity.
3. Make it fun: When you make exercise fun and enjoyable, you'll want to exercise more. Find whatever activity you like, and stick to it.
4. Find a workout partner: It can be really motivating to workout with someone that shares your goals. This can be your friend, or family member.
5. Try out new exercises: Looking to do yoga? Maybe you want to work on mobility or strength? Whatever it is, work on something new to keep your exercise fresh and exciting.
6. Don't over-do it: There's no need to kill yourself every time you workout. This will lead to soreness and resting from exercise for a few days. Think consistency over intensity.
7. Social Media: Check out fitness apps or follow trainers on social media for workout routines. We also have some workouts on our account highlights @believenutrition.
8. Reward yourself: Set small goals to work on and reward yourself once you achieve them. This will keep you motivated to exercise consistently.
9. Consistency is key: Going to the gym once a month is not going to cut it. Keep at it, and you will see results.
10. Organize your day around exercise. Set a time every day to exercise. This will allow you to have a routine and prioritize exercise.



Stress Relief

1. Positively Journal: Write down three things you're grateful for every morning, and set your day off on a good mood.
2. Brain fuel: Feed your brain with the right food, and you will notice significant effects on your stress levels throughout the day. Berries, dark chocolate, coffee, and turmeric can boost brain power.
3. Exercise: Not only is physical activity important for fitness, it releases feel-good hormones and can lower stress hormones in the body.
4. Sleep better: Lack of sleep can stimulate stress hormone production. Aim for 7-8 hours of sleep every night.
5. Avoid added sugar: Prevent energy slumps by avoiding added sugar in tea and coffee, as well as sweets and chocolate, all which can also lower stress hormone levels. Stick to natural sugar like fruits.
6. Find something you enjoy, and do it every day: Whether it is reading, yoga, drawing, or running, do something that makes you happy everyday for at least 30 minutes.
7. Time-out: It is important to have some "me-time" every once in a while. Take some time from the day for yourself. Reward yourself.
8. Time-management: Having some structure in your life can significantly reduce your stress levels. Find a routine that works for you and stick to it.
9. Accept it: It is inevitable that you may feel overwhelmed at times. Recognize that stress every now and again is normal, and stay calm and rational.
10. Laugh: Laughter is the best medicine. Not only does it burn calories, it releases serotonin which can help you feel good.

Weight Loss

1. 500 calorie deficit: Whether it is through exercise or cutting back on food, aim to reduce your daily intake by 500 calories a day. Don't create a big calorie deficit as this can make you gain weight.
2. Start with vegetables: Whatever meal it may be, load up on vegetables before digging in to the other components of the meals. The fiber in vegetables will help fill you up.
3. Catch some sleep: At least 7-8 hours of sleep per night is crucial for weight loss.
4. Smaller plates: Deceive your eye! Eating from a smaller plate makes your meal look bigger even if the portions are the same.
5. Exercise: Run, walk, dance, bike, garden...Whatever it takes to get that heart rate up for half an hour, 5 days a week.
6. Eat slowly: It takes 20 minutes for your brain to register that you are full. Put your fork down between bites and savor your meal slowly. Chew more. You are less likely to overeat this way.
7. Hydrate, hydrate, hydrate: Drink at least 2 liters of water per day. Sometimes, your brain tells you you're hungry, when really, your body is just thirsty.
8. Easy on the sugar: Slowly wean yourself off sugar from teas and coffees. These empty calories add up and can hinder your weight loss.
9. Increase protein intake: You can burn calories simply by eating protein. Similar to fiber, protein makes you feel more full too – which will prevent overeating.
10. Increase fruit intake. The fiber, vitamins and minerals found in fruit can suppress appetite and keep you full and energized throughout the day.



A man with dark dreadlocks and a beard, wearing a white tank top, is smiling and holding a red smartphone up to take a selfie. He is outdoors, with a blurred cityscape featuring a church with a green spire in the background. A large, light blue stylized 'bn' logo is overlaid on the upper part of the image.

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Believe
in a healthier you.