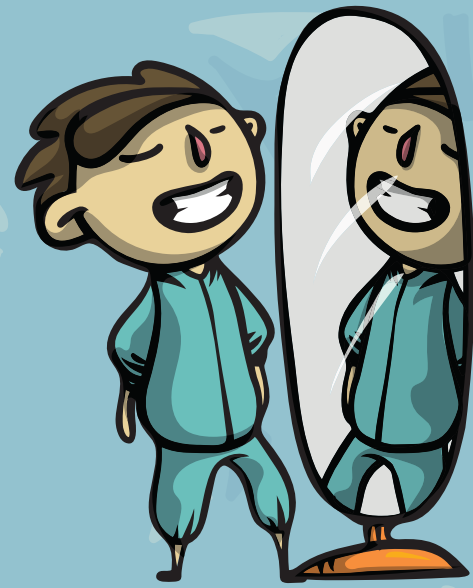


30 steps to a healthier body and healthier mind



Look in the mirror & tell yourself "You're AWESOME!"



Add some fruit to your cereal or toast, to kick start the day

Take 10 minutes out of your day to concentrate on your breathing

Come rain or shine, go outside for a walk & take in the fresh air

Do your favourite hobby today & enjoy!

Put on your favourite song & dance away



Try a vegetable you have never eaten before

Have a day off social media

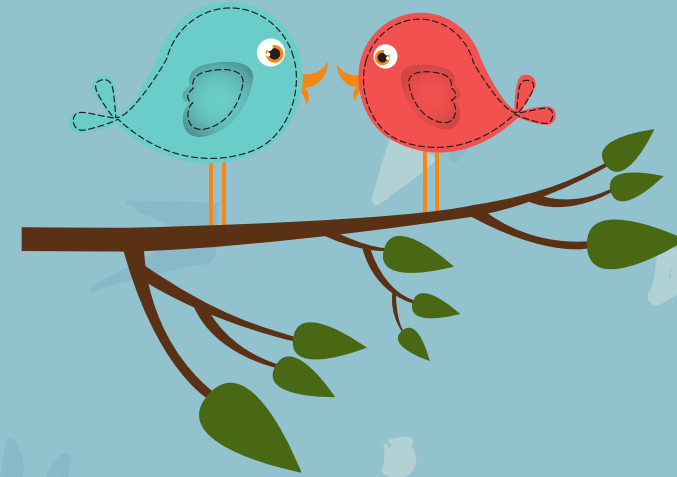


Sit out in the garden or at your local park & enjoy the scents of the flowers

Get lost in the book you're reading, or start one you've been meaning to read

Aim to achieve 10,000 steps today

Take 5 minutes to think about your own body & what it has & can achieve



Take time out to stretch at various times of the day



Get outside & appreciate the nature all around you

Pick up the phone & ring someone you haven't spoken to for a while

Check out a 'Wednesday Workout' video from Gwent N-Gage

Do something that lets your body know you appreciate it

Aim to eat 7 pieces of fruit & veg today, each at least 70g



Check out the local walking trails that may be right on your doorstep

Treat yourself today for just being you!



Invite a friend to a press-up challenge - feel the burn!



Wear clothes that make you feel good about your body

Cook your favourite meal from scratch with fresh ingredients

Go screen free for a day? No TV, no phone

Ask your partner, friend or family member, how they are

Do 10 bicep curls per arm with your milk bottle, while waiting for the kettle to boil



Look at yourself as a whole person & don't focus on specific body parts

Go meat-free for the day



Mindfulness can aid relaxation & sleep. Why not try a body scan?

Head to the beach or your local park & take in the scenery



#DontSweat

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