Top zesty tips!

Improve sleep
1. Create an 8 hour window
2. Same bedtime and wakeuptime
3. Bedroom – dark, cool (16-18 deg C), quiet, well ventilated
4. Slow belly breathe if you can’t sleep – 478, 444, 1-10
5. Tech embargo at least 60 minutes before sleep
6. No tech in the bedroom at all!
7. Hot weather – close windows and curtains during day / open in evening

Eat healthier
1. 80/20 rule – 20% treats
2. Eat breakfast – eat 3 meals a day and avoid snacking
3. Eat healthy proteins
4. Eat a rainbow of fruit and veg
5. 3 portions of fruit
6. Watch portion sizes – use hands!
7. Avoid foods with more than 5 ingredients
8. Drink water!
Top zesty tips!

Get fitter
1. 10k steps a day or 300k per month or 1m in 100 days!
2. Make time for fitness
3. 5 x 30 minutes per week – mix it up
4. YouTube is your friend
5. The 3xSs – strength, sweat and stretch
6. Make it fun – want do you want to learn or do?

Be more resilient
1. Look after number one
2. Check in with how you’re feeling
3. Take regular breaks during the day – stretch
4. Take regular time out
5. Get outside in nature
6. Connect
7. Be part of a tribe/community
8. Calm… meditate, music, read
Keep in touch
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