

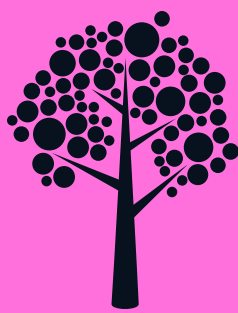
# Top 5 Tips

## TO FEEL GREAT



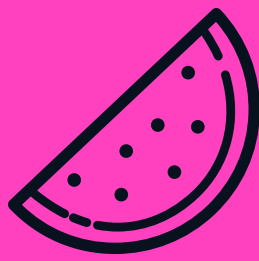
### TAKE TIME FOR YOU

Sounds easy and also hard. You're probably thinking you don't have any spare time for yourself. But it doesn't have to impact anything else. Instead of watching TV at night, read a book, take your lunch outside or paint your nails. Do something for you!



### GET OUTSIDE

While the weather is nice, get outside, walk places you would normally drive to. Switch off the TV and go for a walk around the park after dinner. Just enjoy getting fresh air and exploring your surroundings.



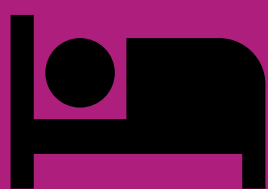
### EAT WELL

Eat nutrient dense food that will make you feel good. Load up on salads, vegetables and fruit with your meals. Not only will you be able to get more creative with your food, you can get a healthy vitamin dose at the same time.



### EXERCISE

Getting your heart rate up for just 20mins a day has been proven to be extremely beneficial in many ways. Not only will it make you healthier, it will make you feel great due to the release of Endorphins (happy hormones)



### SLEEP WELL

Make sure you are getting enough good quality sleep each night. Keep the room nice and cool and turn off any distractions like the light on the TV or a changing phone. You will wake up refreshed and feeling great.