

New year, new you: embrace healthy habits for a better you



Tracy Tredoux is a nutritional therapist and functional medicine practitioner who helps her clients achieve peak health.

As the new year begins, many of us set lofty goals to improve our health. But rather than focusing on rigid targets, Tracy recommends adopting small, achievable habits that build a foundation for lasting change. Here are some of her top tips for creating a 'new you' that doesn't rely on restrictions or guilt, but on practical dietary and lifestyle shifts.

1. Start your day with warm lemon water

Before your morning coffee, try starting each day with a glass of warm water and adding a squeeze of fresh lemon to it. This simple habit helps stimulate digestion, encourages hydration and gently supports liver function. It's a refreshing way to set a positive tone for the day as well as give your body the hydration it needs. Be aware that lemon can erode the enamel on your teeth, so be sure to rinse out your mouth after adding lemon to any drink.



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2. Adopt a more balanced breakfast routine

Many people skip breakfast or rely on sugary cereals that spike blood sugar and lead to crashes later on in the day. Instead, prioritise a protein-rich breakfast with healthy fats to balance blood sugar and provide longer-lasting energy. Try eggs with avocado and spinach, or a smoothie with a plant-based protein, leafy greens and a handful of berries. This routine stabilises energy levels, reduces cravings and supports mood throughout the day.



3. Eat mindfully — with our busy schedules, it's easy to eat on the run or while distracted

Take a few extra minutes to sit down, chew thoroughly and savour your meals. Eating mindfully can improve digestion and help you recognise fullness cues. Choose a spot to eat where you can relax and fully appreciate your food — away from screens or distractions.

4. Add, don't restrict

Instead of focusing on what you shouldn't eat, concentrate on incorporating nutrient-dense foods that naturally crowd out less healthy choices. Aim to add more colourful vegetables, fibre-rich fruits and whole grains into your meals. When you feel satisfied with these nourishing options, you'll naturally crave fewer processed foods without feeling deprived.

5. Move with joy

Exercise doesn't have to mean intense gym sessions. Find types of movement that bring you joy — whether that's a brisk walk, a yoga class, dancing or cycling. Aim to move daily, even if it's just a short stretch or walk. When you enjoy movement, it's easier to make

it part of your lifestyle rather than a chore.

6. Prioritise restful sleep

Sleep is crucial to health, but it's often the first to be sacrificed. Create an evening routine that promotes relaxation — add Epsom salts to your evening bath, dim the lights, read or practise deep breathing. Limit screen time an hour before bed, as blue light disrupts melatonin production, affecting sleep quality. Restful sleep is essential for immune support, energy and overall wellbeing.

7. Focus on hydration

Dehydration can impact energy, digestion and skin health. Keep a water bottle nearby as a reminder to sip throughout the day, aiming for at least six to eight glasses. Herbal teas are also a great option, especially during colder months, for added warmth and variety.

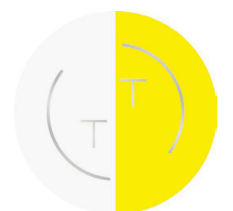
8. Practice gratitude

Lastly, cultivate gratitude as a daily habit. Each morning or evening, reflect on three things you're grateful for. This practice helps shift focus from what you 'lack' to what you have,

enhancing mental wellbeing and resilience. The more we're grateful for, the more the universe gives us things to be grateful for.

This new year, choose habits over goals. Goals are often short-lived once attained, whereas habits are ever-green. Small, consistent actions can create profound shifts in health and happiness. Focus on nurturing your body and mind, and celebrate each small win along the way.

Here's to a new year and a new you — built on positivity, balance and lasting habits that support a healthier, happier you.



Discover a healthier you — start your journey today.
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