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A new year in the capital: start with healthy habits

Nutritional therapist and functional medicine practitioner Tracy Tredoux suggests ways to start the new year as you mean to go on

New year in the capital is full of energy, promise and the chance to start fresh. Instead of tackling grand resolutions, Tracy Tredoux suggests shifting your mindset to sustainable, realistic habits that build health naturally. Here are her top tips for embracing a healthier lifestyle that's full of energy, balance, and joy.

Breathe fresh air daily

As London buzzes back to life after the holidays, try incorporating daily walks in your favourite park or along the Thames. Fresh air and natural light have been shown to reduce stress, improve sleep and elevate mood. Bundle up, grab a

coffee or herbal tea and let your mind unwind amid nature's quiet spaces. Even a 15-minute walk has tremendous benefits.

Discover some nourishing breakfast spots

The capital has an abundance of healthy breakfast spots. Start your day with a nutrient-packed meal that includes protein, whole grains and healthy fats. A fulfilling breakfast boosts your mood and sustains energy, helping you avoid those mid-morning cravings. For inspiration, try a low-sugar smoothie from your local cafe or some overnight oats prepared at home with a

topping of nuts and seeds and a few berries for a fibre-rich start.

Reframe exercise as a social activity

Who says exercise can't be fun? The new year is the perfect time to explore movement that brings joy. Instead of forcing yourself into the gym, why not try a yoga class or join a dance or cycling group? When you find movement that feels enjoyable, it's easier to stay consistent, making exercise a natural part of your life rather than a resolution to tick off.

Hydrate as a routine

Keeping hydrated is crucial, but it's often forgotten amid the city's fast-paced lifestyle. Carry a water bottle with you as a reminder, aiming for six to eight glasses a day. Herbal teas are another great option for hydration, especially in colder months. Many London cafes now offer unique herbal blends, so try exploring a few local favourites.

Up your veg intake

London's many food markets offer a fantastic array of seasonal vegetables. Adding nutrient-dense foods to your meals rather than focusing on restriction keeps you fuller, making it easier to avoid processed snacks. Whether shopping at Borough Market or a smaller local market, fill your basket with a rainbow of veggies to keep meals exciting and vibrant.



Unplug for an evening routine

London nights are brimming with activity, but it's essential to carve out some quiet time. An evening routine that promotes restful sleep is essential for immunity and energy. Light a natural, essential oil candle, unwind with an Epsom salt bath or enjoy some gentle stretching. Aim to unplug from screens an hour before bed, as blue light disrupts natural sleep cycles. Quality sleep can be transformative, making every day feel fresher and more focused.

Set your intentions with gratitude

With so much to be grateful for, take a moment each morning or evening to reflect on the positives in your life. Whether it's a lovely meal, a beautiful walk or a cosy night in, gratitude brings joy and a sense of fulfilment that money can't buy. Writing down three things you're grateful for each day can foster resilience and positivity to help you through life's busier periods.

This new year, nurture yourself with habits that inspire joy, balance and a healthy body. By starting small, you're creating a foundation for a lifetime of wellbeing in the heart of the capital. Here's to a year full of meaningful, lasting changes.

