

Built

Healthy Eating & Active Living



HEALTHY EATING
ACTIVE LIVING



Australian Government
Department of Health

**AUSTRALIA'S PHYSICAL ACTIVITY AND
SEDENTARY BEHAVIOUR GUIDELINES**

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Introduction

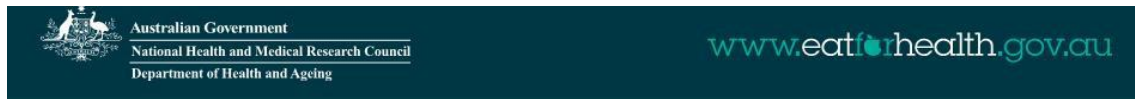
The workplace environment can make it more difficult to have a balanced, healthy lifestyle. Construction workers deal with especially challenging conditions including long work hours, high risk activities, and high levels of stress due to the pressure of meeting program targets. This leaves them more susceptible to 'SNAPO' risk factors – smoking, poor nutrition, alcohol overuse, inadequate physical activities, and obesity. These risk factors can lead to cardiovascular disease and other chronic illnesses.

In a career that is physically demanding, it is important to care for your physical health. Poor physical health may lead to you being unable to work a labour intensive job, but more importantly, lead to a life of physical pain and limitations.

This booklet has been developed to provide physical health education including nutrition information, quick and easy meal ideas, tips for better sleep, ways to increase your energy, 20 minute workout videos, stretching guides and more.

Australian guide to healthy eating

The Australian Guide to Healthy Eating is a food selection guide which visually represents the proportion of the five food groups recommended for consumption each day. A healthy diet improves quality of life and wellbeing, and protects against chronic diseases.



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Use small amounts



Only sometimes and in small amounts



Australian dietary guidelines



WHAT ARE THE DIETARY GUIDELINES?

The *Australian Dietary Guidelines* provide up-to-date advice about the amount and kinds of foods that we need to eat for health and wellbeing. They are based on scientific evidence and research.

The *Australian Dietary Guidelines* of most relevance to adults are included below:

GUIDELINE 1:

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

- Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.

GUIDELINE 2:

Enjoy a wide variety of nutritious foods from these five food groups every day:

- Plenty of vegetables of different types and colours, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat

And drink plenty of water.

GUIDELINE 3:

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

- a. Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
 - Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominately polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
- b. Limit intake of foods and drinks containing added salt.
 - Read labels to choose lower sodium options among similar foods.
 - Do not add salt to foods in cooking or at the table.
- c. Limit intake of foods and drinks containing added sugars such as confectionery, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.
- d. If you choose to drink alcohol, limit intake. For women who are pregnant, planning a pregnancy or breastfeeding, not drinking alcohol is the safest option.

GUIDELINE 4:

Encourage, support and promote breastfeeding.

GUIDELINE 5:

Care for your food; prepare and store it safely.

FOODS TO LIMIT: DISCRETIONARY CHOICES

'Discretionary choices' are called that because they are not an essential or necessary part of our dietary patterns. Discretionary foods are high in kilojoules, saturated fat, added sugars, added salt or alcohol. If chosen, they should be eaten only sometimes and in small amounts.

Examples of discretionary choices include:

- Sweet biscuits, cakes and desserts
- Processed meats and sausages
- Ice-cream, confectionery and chocolate
- Meat pies and other pastries
- Commercial burgers, hot chips, and fried foods
- Crisps and other fatty and/or salty snacks
- Cream and butter
- Sugar-sweetened cordials, soft drinks, fruit drinks and sports drinks
- Alcoholic drinks



TIPS FOR CHOOSING NUTRITIOUS FOODS AND DRINKS

Eating for health and wellbeing is about choosing foods from the Five Food Groups every day, while limiting foods that are not essential to our health.

- Plan ahead and stock up on basic nutritious foods like wholegrain cereals and other grain foods, reduced fat milk, lentils or other legumes, eggs, and frozen or canned foods without added sugars or added salt – this way you can eat at home more often and cook meals yourself by adding fresh ingredients.
- Choose a variety of types and colours of fresh vegetables and fruits that are in season.
- Try new ways of cooking with vegetables like roasting, baking, barbequing and stir-frying. Add extra vegetables and legumes to your recipes.
- Use fruit for snacks and desserts.
- Lean red meats are important, but a maximum of 455g a week is recommended.
- Include at least 1 or 2 meat-free meals each week – include eggs, legumes such as beans and tofu, and nuts and seeds.
- Choose reduced-fat varieties of milk, yoghurt and cheese.
- Include small amounts of foods rich in unsaturated fats such as oils, spreads, nut butters/pastes and avocado.
- Drink plenty of water instead of drinks with added sugars or alcohol.
- Choose carefully when eating out- limit creamy, commercially baked or fried foods.
- Store unused cooked food in the fridge.
- Older people who have trouble with their teeth, may prefer softer textured or cooked vegetables and fruit, finely milled wholegrain cereal foods and dishes like soups, casseroles or stews.

SERVE SIZES



Vegetables and legumes/beans

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	6	5½	5
Women	5	5	5

A standard serve of vegetables is about 75g (100-350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked, dried or canned beans, peas or lentils*
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato

*preferably with no added salt



Fruit

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	2	2	2
Women	2	2	2

A standard serve of fruit is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup dried or canned fruit (with no added sugar)
- Or only occasionally:
 - 125ml (½ cup) fruit juice (with no added sugar)
 - 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	6	6	4½
Women	6	4	3

A standard serve (500kJ) is:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- ¾ cup (30g) wheat cereal flakes
- ¾ cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone



Lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	3	2½	2½
Women	2½	2	2

A standard serve (500-600kJ) is:

- 65g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)*
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw weight) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)

*weekly limit of 455g



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	2½	2½	3½
Women	2½	4	4

A standard serve (500-600kJ) is:

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ½ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

Healthy eating tips



Changing your habits can be a challenge. But there are small changes you can make today that will have a big impact on your health. To get started, the first step is to set some small, specific goals to aim for. Each small goal you achieve will help you eat a little healthier.

Small steps to get you started on eating healthy



Drink one more glass of water today

Drinking plenty of water is an important part of staying healthy. Replace one drink that contains sugar – like a soft drink, juice or sports drink – with a glass of water each day.



Pack one healthy snack to take with you tomorrow

It's ok to snack, just snack on food that's actually going to make you feel stronger and healthier. One less sweet snack a day can make a difference to your energy intake, so why not switch it with your favourite fresh fruit?



Plan ahead for one dinner

Plan one night this week to cook at home. Learning one new healthy recipe and adding it to your routine can make a big difference to your weekly habits.



Cut out one take-away meal from your week

Now that you've cooked your own dinner and packed your own snack, you can save money by skipping a take-away meal. Restaurant and take-away meals are typically too large and contain too much salt, saturated fat and sugar, and not enough vegetables and fibre.



Read about free services and tools that can help

Did you know there is a free coaching and information service to give you tips about healthy eating?



Set your own personal goals

Use this food calculator as a guide for what you should be eating every day and start setting your own small, specific goals to get there.



Healthy snacks can maintain your energy levels and keep you fuller for longer because they are more nutritious. Try our tips to choose healthier snacks that will keep you going in between meals.

Tips for choosing healthier snacks



Choose healthier drinks

Try drinking your coffee, tea or hot chocolate with light milk ('skinny'), less (or no) sugar and in smaller sizes. Choose options without whipped cream and avoid sugar-sweetened drinks like sodas. While coffee and tea can hydrate you, caffeine can also make you dehydrated so be sure to drink plenty of water too.



Go for fresh fruit

Fresh is best when it comes to fruit, although it is ok to have canned or frozen fruit for convenience. Dried fruit is ok in moderation, but it is higher in kilojoules and can get stuck on your teeth and lead to decay.



Not all snacks are healthy

Many popular snacks are misleading because their names suggest they are healthy like banana bread, muesli bars and gluten free chips or crackers. These can have high saturated fat, sugar and salt. Look for options with more fresh ingredients or check the label for the Health Star Rating.



Skip the biscuits

If you have a habit of eating sweet biscuits or cakes with a cup of tea, remember these aren't everyday foods and should only be enjoyed in moderation. They're high in fat, sugar and kJ's, are low in fibre and don't keep you full. Try chopped up fruit instead with a little peanut butter.



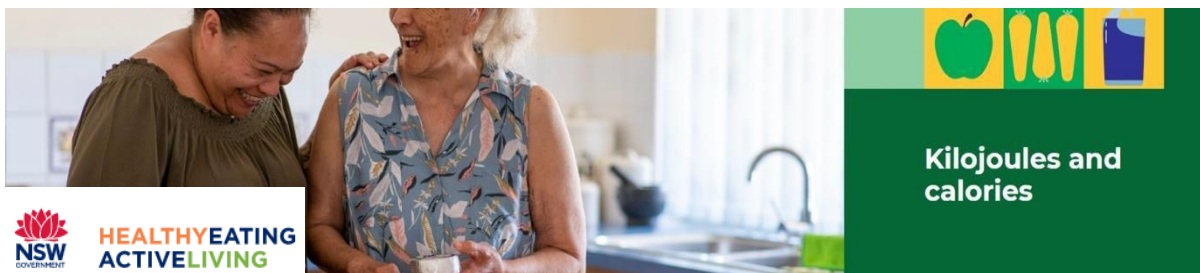
Pack and go

Try to take healthy snacks with you, as it can be hard to find healthy options when we're out and in a rush. Consider snacks low in added sugars such as fresh fruit, nuts and seeds and pack them the night before.



Wait until you're hungry

Try to eat only when you feel hungry and not out of habit or boredom.



Kilojoules (or kJ) are the measure of how much energy people get from consuming food and drink. Some countries also use calories to measure this. Having the right amount of energy each day and getting enough physical activity can help you stay healthy and reduce your risk of some lifestyle related diseases.

Remember: everyone is different and there are multiple factors that influence your overall health.

How many kilojoules do I need?

Our daily kilojoule requirements vary based on things like:

- how much physical activity you do, and what type
- your height, weight, age and gender
- the amount muscle and fat you have
- whether you are pregnant or breastfeeding
- genetics and health

The average daily intake for an adult is 8700kj – so keep this in mind when you're checking labels on packaged foods and menus. Learn more about how to read food labels and menus.

The 8700 mobile app has a Kilojoule Calculator to help you estimate the number of kilojoules that are right for you. This should be used only as a guide – the most important thing is to aim for a balanced lifestyle and make small changes slowly if you want to get healthier or lose weight.

If you think you or member of your family may be above a healthy weight, consult a qualified health professional.

Burning' kilojoules







We are using energy all day – even while we sleep. Our bodies need kilojoules to function. But if we consume more kilojoules than our bodies use, the spare energy can lead to excess weight gain.

When we are active, our bodies 'burn' or use up more energy. Regular physical activity helps you maintain a healthy weight and overall good health. It can also reduce your risk of chronic diseases and support your mental health.

How to check the kilojoules in my food and drinks

The kilojoules in your food depends on ingredients, how they are prepared and portion size.

If you're using kilojoules to help make decisions about what to eat and how much, here are some tips that may help.






	Try the food calculator to learn how much from each food group you need.
	Use the 8700 App to check the kilojoules in some common take-away food and drinks using the Fast Food Search. It can help you choose healthier options from food courts and fast food outlets.
	Learn how to read labels on packaged foods to check ingredients, kilojoules, portion size and other nutritional information.
	Look for the Health Star Rating on packaged food and choose options with at least 3.5 stars.
	Check the kilojoules to compare meals on menu boards at takeaway venues.
	Remember, drinks contain energy too (kilojoules) and some drinks are surprisingly high in kilojoules. But because liquid is not as filling as food, we often don't realise how many kilojoules we are consuming from drinks.

Tip: Look closely at the 'number of servings' on packaged food as the product could have more than one serve.



Water is free and contains zero kilojoules. Soft drinks, energy drinks, flavoured milk, cordial and even fruit juice and sports drinks can have a lot of added sugar. Follow our tips to make it easier to drink more water.

5 easy tips for drinking more water

	<p>Drink of choice Make water your drink of choice as often as possible.</p>
	<p>Carry a bottle Buy a water bottle and always keep it with you ready to top up.</p>
	<p>Add flavour Add cucumber or mint to your water for healthy, kilojoule-free flavour.</p>
	<p>Choose fruit over juice Have water when you're thirsty rather than fruit juice. You will get more fibre by eating actual fruit.</p>
	<p>Special occasions Keep soft drink, fruit juice and sweetened drinks for special occasions only and choose low-sugar (diet) versions. Be mindful about drinking alcohol too.</p>

Nutrition for positive energy



Focus on nutrition for positive energy in the short term and vibrant health in the long term

Your ability to learn, master and make small positive changes to your wellbeing will have a positive impact in shaping your energy supplies. Nutrition is easily managed with a disciplined routine to change eating habits. Let's start the nutrition journey to see how we can increase our daily wellbeing through a few changes in the way we approach eating.

Food is always at the forefront of bouncing through the day with the energy to thrive, no matter what life throws at us!

Eating for health and vitality

Give the body the nutrients it needs to activate its positive functions to thrive, and at the same time get rid of the stressors from food and the environment we are putting in ourselves. If our bodies are stressed, the digestive system will struggle to absorb nutrients. That's stress from life, and stress from the poor food choices we make at times.

If you're able to increase your energy through appropriate food choices, you'll achieve your physical and health goals without focusing on diets, calorie counting and macronutrients.

What you eat will most likely have the most significant impact on your energy levels through a day, but also

your long-term health and wellbeing. It took me years to figure out this whole 'healthy' eating thing, and that's because the world is full of confusing information. Every 'expert' is telling us something different, and it seems our lists of 'should' and 'should not' foods are changing faster than we can keep up.

Keep it simple and look at the list of foods you should modify to maximise energy and vitality. Take small steps to guarantee progressive positive change. Eating one to two healthier meals and making a few healthier choices each week will make a big difference (more than you think). Each week, you'll progress until you reach your ideal eating habits.

Swapping out some of the below items for healthier options is an ideal starting point

- No sugar – in particular biscuits, desserts, sweets, ice-cream. There's hidden sugar in processed food. These foods are energy dense, but very nutrient poor! We all know why we need to limit these foods, we just need to find the will power. In the short-term, sugar can numb pain and create fake energy, but in the long term it makes you feel worse emotionally and physically, especially due to its impact on inflammation.
- Reduce all processed foods – refined flour, breads, cereals, pre-made foods, fast-foods, bakery goods, which are full of chemicals acting as preservatives, flavour enhancers, etc. Nature did not intend our bodies to handle food stuffs made in a lab. These are significant stressors on the body and will tax the energy supply, in particular our feel-good hormone serotonin.
- Vegetable oils – which are considered to be toxic and are extracted by a chemical process. High Omega 6 oils are considered inflammatory when primarily consumed over the healthy option of Omega 3 fatty acids. A high Omega 6: Omega 3 fat ratio in the diet is considered inflammatory and is linked closely to the explosion of 20th Century diseases, such as cardiovascular disease and neuro degenerative diseases.
- Reduce caffeine – especially if you're sensitive to stimulants. Caffeine can worsen anxiety and insomnia as well as leading to mood swings from the increase and then decrease in adrenaline. Caffeine can thrust you into sympathetic overdrive, forcing more glucose into the energy system and storing fats for use for later. This potentially creates a perfect storm for those who want to lose weight because promotion of fats from our stores is the primary focus of weight management plans!
- Alcohol - is a nervous system depressant and lowers the level of serotonin in your brain. It will also elevate your heart rate, blood pressure and body temperature leading to poor sleep and reduced recovery. Even one unit of alcohol prior to sleep can destroy your sleep quality for the first four hours of our sleep. Ever wondered why you wake up more often after a few drinks?

Increase these energy enhancing foods and see how you feel

- Vegetables – the most densely packed nutrient food available. Alkaline in nature, eating large amounts of vegetables will enhance energy to immense levels. Aim for five serves each day and include a good bunch of green leafy vegetables as a base.
- Protein – the building blocks of life (amino-acids) release our 'feel good' chemicals dopamine and serotonin. Find them in red and white meat, eggs, dairy, nuts, seeds and vegetables.
- Whole food carbohydrates – are needed to help tryptophan get to the brain. The best ones are found in fruit, veg and whole grains, like quinoa and oats.
- Omega-3 oil – healthy brain development and function, foods high in Omega 3 are fish, chia, broccoli and spinach. Supplementation is also a great way to balance up these good oils against the bad Omega-6 oils if your diet is lacking in Omega 3 oils. Omega 3 oils are also candy for the brain. Take a dose each morning and at lunch-time to maximise your mental capacity, focus and concentration through the day.

- Antioxidant rich foods – are essential to assist in the management of oxidative stress, the new player in preventable disease and early ageing. Foods high in anti-oxidants include nuts, dark chocolate, berries, artichokes, goji berries, kale, red cabbage and pinto beans. An easy way to remember is to eat fruit and vegetables in an array of different colours.

Have you noticed how none of these foods are processed? Do your shopping around the outside of the supermarket aisles away from the processed sections by buying fresh whole foods. An easy way to make your decisions is to go processed free!

Why do we crave sugar?



All of us know refined sugar serves our health poorly and that we need to eat less sugar or cut it out of our lives completely. But even with good knowledge and understanding to change our sugar intake according to health guideline, we find it ever difficult to break the cycle of finding that false comfort of those mid-afternoon/evening sugary treats. Many people describe it as the master craving that cannot be toppled.

There are many reasons we crave sugar. Certainly, one is an inbuilt perception that needing quick energy or eating sweet foods for comfort gives us an instant reward (i.e. we have a habit of going to the biscuit jar at a certain time each day for that quick boost in energy).

Another is the injection of sugar into everyday processed foods turning our savoury-taste buds into sweet seeking units looking for sweeter preferences. But, the one reason most people are not familiar with is the impact of stress on sugar cravings. Let's explore this concept to see if this is you!

The human body only uses two fuels for energy: glucose and fat. But when you are living in the 'red zone' with chronic stress hormones circulating due to excessive caffeine or your perceived level of pressure and urgency, your body primarily uses glucose as the fuel of choice, not body fat! Glucose is like the kindling at the camp fire – it burns quickly – while fat is more like the log on the fire – both fuel the fire but one gives

us sustained energy while the other is used up very quickly. This has a major impact on many processes, but potentially the foods you crave. The more your body perceives stress and anxious thoughts, and throw in caffeine, the more it thinks it needs glucose as the quick fuel to get out of danger, and the more it is going to crave! Does this sound like you?

Too often we perceive pressure about our work and home lives, our relationships and financial pressure combined with drinking too much caffeine. We go about our day with not- enough time and the accelerator always on. We then crave a couple of glasses of wine at night for the sugar, potentially dropping our will-power to eat well, and then get stuck into the desserts and sweets and snacks we know are doing us no good. The fact of the matter is that we think we are relaxing, but our body battery is empty, and underneath we are exhausted. Many people live this way and they don't even know they are any more. Worry & anxiety is rife, yet most people who experience it are not aware that caffeine releases the very stress hormone that drives anxious feelings. If you experience these feelings then caffeine must go!

When you live like this your body predominantly uses glucose as its fuel preference over fats, and will only switch back to an efficient fat burner if you make some cornerstone changes. Here are a few steps to address reducing stress and those pesky sugar cravings;

- Starting with food is the main way people attempt to make changes – but many fail! And fall short of breaking the habit for craving sugar. If this is you – park it and move onto the next point.
- Start focusing on getting yourself in the ‘green zone’ by embracing diaphragm breathing! Whether it be a meditation session, early morning or short periods of the day, the slow breaths that move your belly in and out as your breath slow your nervous system down and thrust you towards fat burning, rather than the short shallow breathing in your chest that drives adrenalin. The calmer you become the less you will crave sugar!
- Then go for the food. Increasing your daily intake of green vegetables and/or daily fats from wholefood sources can make a massive shift in your desire for sugar. A high intake of green leafy vegetables for about 21 days will start to change the taste preference by allowing the taste buds to regenerate from the sugar preference. Hence why the 21-day food detox!
- Remove caffeine. It will keep you in the ‘red zone’ and make it impossible to focus on getting calmer, especially if you are a worrier or have anxious thoughts. Or switch from coffee to green tea.
- Have as many alcohol-free days each week as possible.
- Eat more dietary fats as they satisfy hunger and reduce the urge to snack through the day.
- Drink a large glass of water when you have sugar-cravings instead of going for the cookies.
- Stop rushing – our perception of pressure drives the nervous system into glucose preference. Slow down and reflect on the positives in life. Find what gives you joy and embrace it

A healthy plate



Healthy breakfast options

Simple Eggs on the run

- 3 x hard boiled eggs
- ½ Avocado
- 1 banana or wholegrain toast



Scrambled Eggs with Avocado on Toast

- 2 Eggs scrambled with milk
- Microwave 1-minute stirring each 20 seconds.
- ½ Avocado
- 1 piece of fruit or 1 slice of multi-grain toast



Oats & Yoghurt

- 100gm Uncle Toby's Oats prepared as per box
- 2 x tablespoons Greek yogurt
- 1 sliced banana or Apple.
- 10 Almonds



Granola, Greek Yoghurt & Fruit

- 100g Toasted Granola
- 2 x tablespoons Greek yogurt
- 1 x sliced fresh fruit
- 1 x squeeze of honey



Healthy lunch options

Fresh Salad with Beans & Eggs (add protein, sliced ham or chicken)

- 1 handful of Salad greens
- 1 handful of Sliced coleslaw mix
- 1 can of 4 bean mix
- ½ Avocado sliced
- ¼ Capsicum sliced
- 1-2 Eggs - hard-boiled or fried on the sandwich press
- Good pour of Extra Virgin Olive Oil and/or salad dressing
- Salt & Pepper



Chicken & Salad Wrap

- 1 x Wholegrain or Spinach Wrap
- 70g of Chicken meat (or your own protein)
- Handful of sliced coleslaw mix and/or salad greens
- Cranberry sauce or mayonnaise.



Warm Tuna, Brown Rice & Veg Bowl

- 1 x Brown Rice Cup – heat in microwave
- 1 x Can flavoured Tuna
- 6 x Cherry Tomatoes
- Handful of Green Leaves salad mix
- Squeeze of Mayonnaise or dash of olive oil
- Salt & pepper

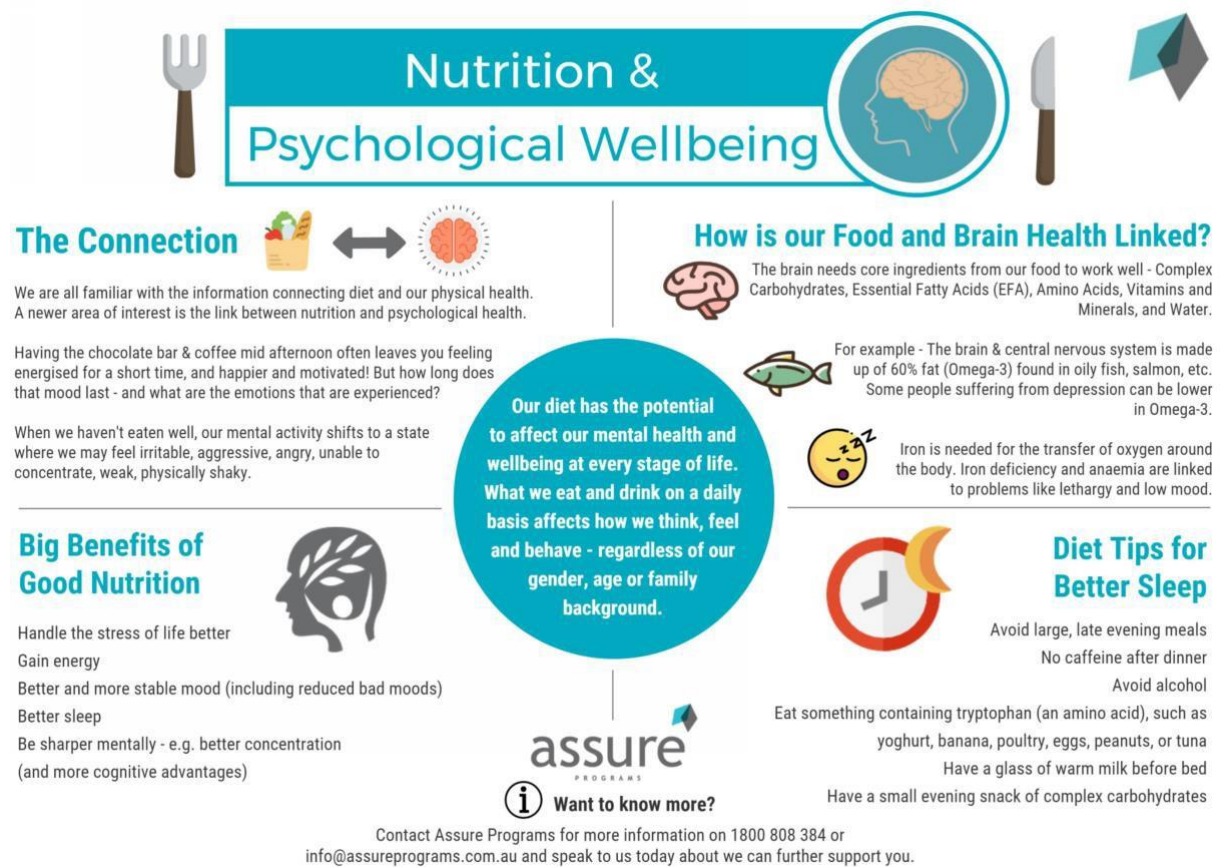


Epic Toasted Sandwich

- 2 slices of Abbott's village dark rye bread
- ¼ Avocado
- Slice of Bega tasty cheese
- Sliced ham or chicken breast
- Mayonnaise optional.
- In toasted sandwich machine for 2 minutes



Nutrition & psychological wellbeing



Australia's physical activity & sedentary behaviour guidelines



AUSTRALIA'S PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR GUIDELINES

Fact Sheet: Adults (18-64 years)

Introduction

Regular physical activity has important benefits for physical and mental health. It reduces the risk of many health problems, such as cardiovascular disease, type 2 diabetes, anxiety, depression, musculoskeletal problems, some cancers and unhealthy weight gain. There is clear evidence that doing some physical activity is better than doing none at all, and that increasing amounts of physical activity provide even more health benefits.

These guidelines are for all adults aged 18-64 years. Although physical activity is generally safe for everyone, physical and mental abilities should be considered when interpreting the guidelines. Those who are unaccustomed to activity are advised to start gently (for example, by walking), without over-exertion, and to gradually build up towards reaching recommended levels. Consult a health professional if unsure.

In the context of these guidelines, physical activity is defined as any bodily movement produced by one or more large muscle groups, for movement as part of: leisure (including sports, exercise and recreational activities); transport (for example walking or cycling to get to or from places); and occupation (including paid and unpaid work like lifting, carrying or digging). These activities should be carried out at moderate to vigorous intensity. Moderate intensity activities require some effort, but conversation is possible. Examples include brisk walking, swimming, social tennis, dancing etc. Vigorous activities make you breathe harder or puff and pant (depending on fitness). Examples include aerobics, jogging and many competitive sports.

Sedentary behaviour is associated with poorer health outcomes, including an increased risk of type 2 diabetes. However there is insufficient evidence to make a recommendation on the specific duration of sitting that is associated with these poor health outcomes. There is also emerging evidence to show that the negative effects of prolonged sitting may occur, even in those who meet the guidelines for moderate-vigorous physical activity.

Make your move – Sit less – Be active for life!



Physical Activity and Sedentary Behaviour Guidelines

PHYSICAL ACTIVITY

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least 2 days each week.

SEDENTARY BEHAVIOUR

- Minimise the amount of time spent in prolonged sitting.
- Break up long periods of sitting as often as possible.

For more information visit: www.health.gov.au

Make your move – Sit less – Be active for life!





Physical inactivity is the second greatest contributor, behind tobacco smoking, to the cancer burden in Australia.¹

What's it all about?

Being physically active and limiting your sedentary behaviour every day is essential for your health and well-being. This brochure presents Australia's Physical Activity and Sedentary Behaviour Guidelines for all adults aged 18 to 64 years, irrespective of cultural background, gender or ability. It also provides you with information about the benefits of being physically active, as well as tips and ideas for ways to move more every day.

More information about healthy living, including references to other Australian Government guidelines concerning healthy weight and healthy eating, can be found at www.health.gov.au

What is....

PHYSICAL ACTIVITY? – any activity that gets your body moving, makes your breathing become quicker and your heart beat faster. You can be physically active in many different ways, at any time of day.

SEDENTARY BEHAVIOUR? – sitting or lying down (except for when you are sleeping). It is common to spend large amounts of time being sedentary when at work, when travelling or during leisure time.

Move more, sit less, every day!

More than half of all Australian adults are not active enough. Source: Australian Bureau of Statistics (ABS) 2013. Australian Health Survey: Physical Activity, 2011-12. ABS Cat. No. 4364.0.55.004. Canberra: ABS.

1. Global Health Risks: Mortality and burden of disease attributable to selected major risks. World Health Organization, 2009.

What are the benefits?

Moving more and sitting less will...



Reduce your risk of, or help manage, cardiovascular disease (CVD).



Reduce your risk of, or help manage, type 2 diabetes.



Maintain and/or improve your blood pressure, cholesterol and blood sugar levels.



Reduce your risk of, and assist with rehabilitation from, some cancers.



Help prevent unhealthy weight gain and assist with weight loss.



Build strong muscles and bones.



Create opportunities for socialising and meeting new people.



Help you to prevent and manage mental health problems.



Help you develop and maintain overall physical and mental well-being.



Did you know that higher levels of physical activity can help reduce your risk of some cancers and prevent unhealthy weight gain?



...and the more active I am, the more I will benefit.

Physical Activity & Sedentary Behaviour Tips

Move more...

Doing any physical activity is better than doing none.

If you are not currently doing any physical activity, you will benefit from starting some. You can start slowly and gradually increase the amount you do. Consult your doctor for advice on the best types of physical activity for you.



You can accumulate your activity by being active on most, preferably all, days every week.



Each week:

- 150 minutes (2 ½ hours) of moderate intensity physical activity, **or**
- 75 minutes (1 ¼ hours) of vigorous intensity physical activity,

will help improve blood pressure, cholesterol, heart health, as well as muscle and bone strength.

Each week, increasing to:

- 300 minutes (5 hours) of moderate intensity physical activity, **or**
- 150 minutes (2 ½ hours) of vigorous intensity physical activity,

will provide greater benefits and help to prevent cancer and unhealthy weight gain.

MODERATE INTENSITY ACTIVITIES take some effort, but you are still able to talk while doing them. E.g. a brisk walk, recreational swimming, dancing, social tennis, golf, household tasks like cleaning windows or raking leaves, or pushing a stroller.

VIGOROUS INTENSITY ACTIVITIES require more effort and make you breathe harder and faster ('huff and puff'). E.g. jogging, aerobics, fast cycling, many organised sports and tasks that involve lifting, carrying or digging.



I could do at least 30 minutes of physical activity on 5 days of the week.



I could enjoy a bike ride or game of tennis with friends.



I could invite some friends to the dance class I've signed up for.



I could go for a 15 minute jog before breakfast every day.

A TIME SAVING TIP

You may choose to do a **combination of moderate and vigorous intensity activities**.

10 minutes of vigorous intensity activity is equal to 20 minutes of moderate intensity activity.

...and sit less!

Even if you do more than the recommended amount of physical activity every week, you will still benefit from minimising time spent sitting each day, and from regularly interrupting periods of sitting.

Break up long periods of sitting as often as possible.



Sedentary behaviour is associated with poorer health outcomes, including an increased risk of type 2 diabetes.

Be aware of time spent in front of the screen.



Watching TV and DVDs, playing electronic games, using computers and surfing the internet may all be popular activities, but they usually involve either sitting or lying down for long periods.

There are many opportunities to sit in our daily lives. The key is to find opportunities to move.

56% of Australian adults are either inactive or have low levels of physical activity - that is more than 9.5 million adults!²

I could turn off the TV during the day and get out in the garden.



I could visit my colleague to deliver the message in person.



I could set an alarm on my computer to remind me to stand up more often.



What will you do



2. Australian Bureau of Statistics (ABS) 2013. Australian Health Survey: Physical Activity, 2011-2012. ABS Cat. No. 4364.0.55.004. Canberra: ABS.

Why not try these ideas?

Think about when and where you can be physically active. Making some small changes to your daily routine can make a big difference.



ACTIVE TRAVEL

- For short trips, walk or cycle and leave the car at home.
- For longer trips, walk or cycle part of the way.
- Use the stairs instead of the lift or escalator.
- Get off the bus one stop earlier and walk the rest of the way.
- Park further away from your destination and walk – you may even save on parking fees.



ACTIVE AT WORK

- Park your car an extra 5 or 10 minute walk from work.
- Walk to deliver a message rather than emailing or making a phone call.
- Leave your desk at lunch time and enjoy a short walk outside.
- Organise walking meetings.



ACTIVE AND FUN

- Catch up with friends for a walk, instead of sitting to chat.
- Plan outdoor activities, like bike riding or walking.
- Don't let the weather stop you. Try indoor activities like dancing, indoor swimming, squash or indoor rock climbing.



ACTIVE AND SAFE

- If you are new to physical activity, have a health problem, or are concerned about the safety of being (more) active, speak with your doctor or health professional about the most suitable activities for you.
- Protect yourself from the sun – you should wear sun-protective clothing, including a hat, and apply sunscreen regularly.

Be active every day in as many ways as you can!



Being active does not have to mean running a marathon. Even a regular short walk to the bus stop or taking the stairs can have a big impact on your health. Setting small, specific goals for getting active is the quickest way to change your habits for the long term.

Start with small steps







	<p>Read about free services and tools available to you</p> <p>Did you know that you can register for a free personal coach to give you tips on getting active and how to set achievable goals? Find out about this and other free programs and tools that can help you get active and feel better.</p>
	<p>Add a 5-minute walk to your day</p> <p>Get off the bus one stop early, walk to the store instead of driving or add a 5-minute walk to your lunch break. Find out other 5-minute tips.</p>
	<p>Add one set of stairs to your day</p> <p>On your way to work or at the shopping centre, take the stairs instead of the escalator or the lift. This is a small change that can make a big difference.</p>
	<p>Use active travel</p> <p>Your time getting to and from places is time when you can boost your weekly activity. If you are able to, ride your bike to work or help your kids ride scooters to school and walk alongside them. Use the Cycleway Finder to look for a safe cycleway near you.</p>
	<p>Trade in one half hour of screen time this week.</p> <p>The time you spend sitting in front of the TV or computer can have a bigger impact on your health than you think. Turn off the TV for a half hour one night this week and use the time to try a new healthy recipe or go for a walk.</p>
	<p>Plan an activity with someone this week</p> <p>Being active doesn't have to be a chore. It is a great excuse to get out and catch up with friends and family. Plan ahead with someone to go for a walk after work, go for a swim at your local pool or explore a new part of your local area.</p>



Adults need at least 30 minutes of moderate activity on 5 days of the week or 75 minutes a week of vigorous activity to take care of your health.

You may be surprised to see how quickly small amounts of movement add up, without you even realising. By following the simple steps below you can add an additional 30 minutes of physical activity to your day, without making big changes to your current schedule.

Quick activities to add to your day

	Wake up 5 minutes earlier to do a mini (5 minute) workout.
	Add a 5 minute walk around the block during your lunch break (this will enhance your productivity and concentration span).
	Break up long periods of sitting as often as possible (e.g. 5 minute walk around the site or block when you hit the 3:30 pm slump).
	5 minutes of movement as you prepare meals/wait for kettle to boil throughout the day.
	5 minutes worth of active play with children/grandchildren/pets.
	5 minutes worth of activity throughout your favourite TV show








We spend a lot more time being inactive during the day than we used to – working seated or stationary, staring at a screen or driving in a car. Small changes can build more activity into your day and improve your health.

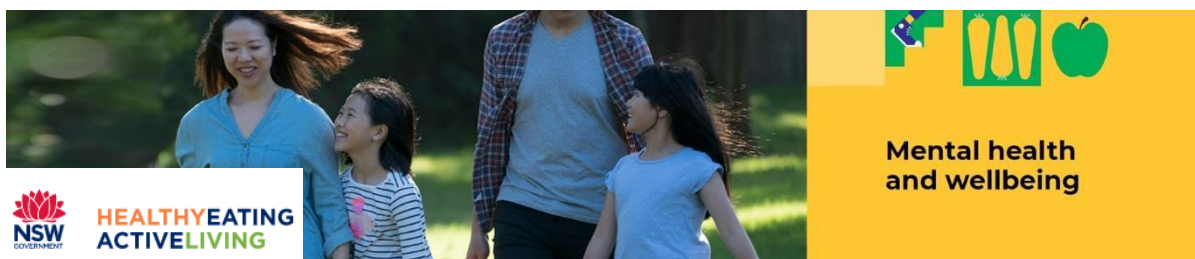
How much screen time is too much?

We spend a lot more time being inactive during the day than we used to – working seated or stationary, staring at a screen or driving in a car. Small changes can build more activity into your day and improve your health.

How much screen time is too much?

Try adding these small changes to your day to start balancing out your screen time.

    	<p>Add some movement Try jogging on the spot, doing star jumps or lifting weights while you watch TV.</p> <p>Get active while you listen If you need some motivation to add more movement into your day, pop on a podcast while you go for a quick walk or listen to the radio while you do the gardening or cleaning.</p> <p>Trade in an hour of screen time this week Plan something you've been wanting to do when you'd normally be on your phone or watching a show – like going for a walk with a friend, taking the kids to the park or learning a new healthy recipe.</p> <p>Add movement to your work day If you're able to, take the stairs rather than the lift or get off the bus/train a stop early and walk the rest of the way to work.</p> <p>Sit less, move more Break up long periods of sitting or being stationary by going to refill your water bottle, going for a five-minute walk or standing up for a stretch.</p>
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Taking care of your mind is just as important as taking care of your body. Find out how building healthy habits can support your wellbeing.

Benefits of physical activity on mental health and wellbeing

Staying active has a positive effect not only on your physical health, but also on your mental health and wellbeing. Exercise releases mood-boosting chemicals like endorphins and serotonin that help make you feel good. Staying active has a lot of benefits. It can:

- help you sleep better and raise your energy levels
- improve your confidence and self-esteem
- boost your mood and concentration
- reduce loneliness and help build connections
- reduce the risk of some illnesses
- release stress and lower anxiety.

Also, getting enough sleep is good for your body and your brain. It improves your mood, sharpens your concentration and increases resilience. Reducing things that keep you from restful sleep – like noise, light or stimulation like social media and screens before bed – can help you improve your sleep.

Tips for staying active to support your mental health



Find an activity you enjoy

Whether it's walking with friends or joining a sporting team, if it's something you enjoy you're more likely to do it regularly.

Get active in nature

Spending time in parks and green spaces can have a positive effect on self-esteem and mood, especially for people with depression and anxiety.

Take regular breaks during the day

Set an alarm to take breaks from work and go for a short walk.

Stand **more**, sit less

Stand up if you can while you work. Have a little stretch and pause to take some deep breaths.

Active travel

Try walking, riding or other active ways to get to work.

How Much Exercise Is Enough?



The myriad of training styles and programs on offer in today's fitness world sometimes makes it difficult to calculate if you're doing enough exercise to receive the associated health and energy benefits. Use the guidelines below to self-assess your current exercise program and your own physical activity requirements for better energy and long-term health.

Healthy adults are recommended to follow these exercise guidelines

- **Aerobic activity.** Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week. Greater amounts of exercise will provide even greater health benefit. But even small amounts of physical activity are helpful. Being active for short periods of time throughout the day can add up to provide health benefit.
- **Strength training.** Do strength training exercises for all major muscle groups at least twice a week. Aim to do a single set of each exercise, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

Moderate aerobic style exercise includes activities such as brisk walking, swimming and any other exercise that allows you to continue for extended work periods without the requirement to stop and rest. Vigorous aerobic exercise includes activities such as running, cycling, rowing, boxing and group fitness sessions. These sessions are usually higher intensity in nature and require rest or stop periods throughout the sessions. Strength training includes use of weights, your own body weight, resistance bands or activities such as rock climbing.

As a general rule, you should aim for at least 30 minutes of moderate physical activity every day. However, in the real world that may not be possible and we need to look for time friendly ways to benefit our energy and wellbeing, while achieving the benefits of aerobic and strength style training.

High-intensity circuit training (HICT) involves combining both cardio and strength training in the same workout. It alternates upper and lower body exercises as well as high-intensity and lower-intensity exercises. The idea is a challenging, total body routine that promises better weight loss results in about 20 minutes. That saves you time and energy while giving you an effective workout that will give you solid results. Aim for three 20-25-minute sessions each week of HICT training to get the health benefits associated with a regular exercise routine.

Short on time? Even brief bouts of physical activity offer benefits. If you can't fit in one 30-minute walk or physical training session during the day, try a few five-minute walks instead. Walking the stairs, parking at the far end of the car park, or walking a portion of your daily commute are great ways to incorporate short bursts of physical activity into your busy day. Any activity is better than none at all. What's most important is making regular physical activity part of your lifestyle's daily plan

Incorporating More Activity into Your Day



Moving is good and sitting is bad! Even if you're a regular exerciser, you're still not immune from the negative effects of sitting down for extended periods.

Research is showing that even if you follow the guidelines for improving health through physical activity (exercising for 150 minutes with moderate intensity or 75 minutes of vigorous intensity each week), you may not be able to undo the negative health impacts of sitting at your desk for extensive periods. Rather, to avoid the health risks associated with sitting we should be incorporating regular physical activity at intermittent stages throughout the day as well. I am not talking about going to the gym five times a day. There is no time for that. I am talking about introducing small blocks of movement that will have a massive impact on your energy and productivity during the day.

For example, five-minutes of dynamic stretching when you get out of bed, walking to the next bus stop as part of your morning commute, add five minutes during your mid-morning break, or take a 20-30 minute walking meeting in the afternoon.

Think about simple ways you can move through your normal 24-hour routine (during time at work, at home, or while running the kids to sport on the weekends). If you have never

thought about how you could do this then take time to look at the extensive list of ways you can incorporate quality movement into your day!

During the work day

- Go for a walk at lunch
- Take a colleague for a walking meeting
- Take the stairs instead of the elevators
- Use the bins further away from your work area

- Stand up to take phone calls
- Stretch during phone calls
- Use your lunch break to go to the gym
- Add a walking component to your commute by walking to the next bus stop, or getting off the bus earlier and walking the last component
- Walk over to a co-worker to ask a question rather than email

When you're at home

- If you are watching the footy or sport, do five squats, five push ups and five burpees for every try/point that's scored
- Clean with vigour!
- Play with your kids and/or pets
- Take your kids and/or pets for a walk

When you're out and about

- Walk or ride your bike rather than drive, especially to the corner shops
- Park your car as far away from the destination door as possible. i.e. park in the far corner of the supermarket carpark
- Wherever possible take the stairs and skip escalators and elevators
- Schedule in more adventurous weekend activities like bike rides, park dates or easy day-hikes
- Walk around the kid's sports fields. Walk and cheer rather than stand and cheer
- Walk to breakfast. Encourage your friends to meet you halfway and the walk together

Rate Your Sleep



Ask yourself: are you getting enough sleep to thrive?

Surviving on a few hours of sleep each night may mean you can squeeze out that bit of extra work or family requirements. But sustained lack of sleep will mean just that – you will be surviving the day – lacking the ability to thrive with boundless energy.

Our 24-hour-connected society creates a significant impact on our sleep. To get positive sleep benefits we need to get to sleep with a reduced stress hormone (cortisol), whilst increasing the release of the deep sleep hormone (melatonin). But if we stay up late watching a TV show, using our phones to interact on social media, or continue to work to all hours of the night, then the wrong signals are sent to our hormone system and it is turned upside down. Throw in alcohol, coffee or late evening strenuous workouts and the Titanic is sinking (my metaphor for drowning!). Does this sound a bit like you?

Let's assess your sleep hygiene to achieve some awareness around why your body battery may not be recharging through the night!

- Do you get more than 7½ hours of sleep per night?
- Do you avoid alcohol most nights?
- Do you sleep through the night without waking more than once?
- Do you easily get back to sleep if you wake up during the night? f Do you wake feeling refreshed?
- Do you have a pre-bed routine for relaxation?
- Do you turn off screens at least one hour before bed?
- Do you fall asleep within 15 minutes of lights out?
- Is your bedroom dark and quiet?

If you answered NO to most of these questions then you are ready to improve your sleep through better sleep hygiene. Sleep can be enhanced with a simple strategy and if you can improve this part of your life the benefits will be massive. Think about this – the ‘dream’ of waking up every day fresh and regenerated with full energy to charge into the day

Below is a checklist for the five-action areas designed to facilitate a better night sleep. Choose what works for you.

Your bedroom

- Remove all electronic devices, including TV's, gaming console, tablets/computers/ phones
- Make your bedroom quiet and dark
- Make the temperature between 18-21 degrees Celsius
- Have you updated your mattress in the last 8-10 years?
- Have you changed your pillow in the last two years?

Your sleep schedule

- Have a regular bedtime and wake-up time
- Have a relaxation routine prior to bed, such as a warm shower, deep breathing, meditation, reading
- Have a one-hour relaxation / wind-down period prior to bed

Your lifestyle choices

- Avoid alcohol prior to bed. Incorporate as many alcohol-free evenings each week as possible
- Limit caffeine intake to less than two per day and before 2pm
- Limit intensive exercise to a day-time activity only, and complete a minimum 25- minutes of moderate physical activity 4-5 times each week
- Try eating your evening meal at least three hours prior to bedtime

Your mind (worrying and negative thoughts)

- Prepare the next day's to-do list prior to sleep time
- Eliminate negative thoughts. Toxic thoughts produce toxic hormones
- Practice mindfulness meditation, write a gratitude journal, or explore your negative thoughts by writing them down and exploring their value.

Monitor yourself and build a solid routine

- Record in a sleep diary for the previous day/night:
- Your sleep and awake time
- Number of hours of sleep
- How you felt this morning
- Number of alcoholic drinks
- Number of caffeine drinks
- Relaxation activities prior to bed

Tips for Better Sleep



If we focus too hard on all of the statistics around poor sleep and the impact on our health and performance, we would end up losing sleep! Yes, sleep is crucial for good health and there are serious health issues associated with serious chronic sleep issues beyond the scope of this program. But let's take a more positive helpful approach to sleep with practical sleep guidelines based off what works and how you can easily implement some changes into your sleep routine. The statistics say we could all enhance the quantity and quality of sleep to maximise our potential.

So, let's have a look at my top 10 tips for better sleep and trial a few to maximise your sleep behaviours and the boundless energy it provides.

There is not a one-solution-fits-all when it comes to sleep. Everyone is affected by their lives in different ways; age, illness, genetics, unexpected trauma. However, if we listen to our bodies and make our sleep behaviours a little bit better, as often as possible, we can move in the right direction. The 'perfect' sleep might be a long way off for many, but small improvements can add up to a more restorative snooze. I was a good sleeper, until stress, age and worry took that prized possession away from me. Through the process of regaining my sleep I learned a lot about what I should (and should not) do to try to maximize the chance of a good sleep.

Here are my top 10 for better sleep:

1. Prioritise your sleep! Stick to a regular bed time and wake up time (as much as possible)
2. Minimize alcohol (This is a big one – even one unit starts to mess with sleep quality)
3. Avoid caffeine after 1pm. Have a maximum of two caffeinated drinks each day

4. Slowdown! Practice diaphragm breathing with extended exhalation (breathing out really slowly). Try doing this tactical breathing exercise:
 - Breathe IN through your belly for four seconds
 - HOLD for four seconds
 - EXHALE for six seconds
 - PAUSE for two seconds and repeat cycle
 - Aim for 20 breaths (five minutes)
5. Shut down – all electronics devices, emails and social media at least one-two hours before bed
6. Cool down the bedroom – your body wants to be one-degree cooler at night, so create an ideal room temperature to 17-19 degrees, some air flow and bedding that does not make you hot through the night
7. Create a dark bedroom with block-out blinds
8. Comfortable pillows + mattress (you spend 1/3 of your life in the bed – so spend the cash to make it a comfortable one)
9. Avoid intense exercise in the evening
10. Block out noise - use earplugs if it's noisy

I am aware that the occasional bad night sleep is not an issue – it just affects our energy the next day. But what I have found is three consecutive nights of bad sleep can lead to a decline in current health – mainly the body's ability to fight infections such as the common cold. Breaking up a run of bad night sleeps is paramount to giving our immune systems the chance to fight infections and restore the normal immune functions.

It is my intention to stick to my sleep routine and most of the items above most nights. However, I also have a life to enjoy that sometimes takes my routine away. That is ok. Be flexible and don't stress about sleep. Just don't leave it to chance and hope that a good night sleep will eventuate. The more you practice and embed your sleep routine in your normal days the better you will snooze in the long run!