

Read this report if you're looking for a fresh start...

Six things you can focus on to achieve *better than average health and optimal performance in your life*

By [J-Six Solutions](#)

Goals – Set them at the beginning of the year. They must be SMART and SML goals. (Specific, Measurable, Achievable, Realistic, Tangible, Short term, Medium term and Long term). Review often.

Exercise – Do 30 Minutes *worth* of exercise every day. Take the stairs, walk to the shops, do something physical (surf, gardening, walk the dog, sport)

Meditate – Invest 30 Minutes per day doing not much at all. Quiet time lets your mind relax and release tension. Your mind will solve all sorts of problems if you allow it some silence. De-clutter your thoughts.

Sleep – 8 Hours per night. Sleep deprivation is the number one cause for loss of productivity and accidents in the workplace. Oversleep is also a problem, this lowers your metabolism.

Water – Drink if you feel thirsty or until you feel like needing to use the toilet. Be careful not to overdo the water intake, research shows over drinking can flush all of the nutrients out of your body.

Food – Be sensible. Enjoy your food while you are eating it rather than just shovel it in. Eat food that has not been interfered with or processed too much. Natural unprocessed food in normal portions with a glass of wine here or there is perfectly acceptable.

* We are not medically trained, we just apply common sense. This information is provided as a general guide only and does not take into account individual requirements or special medical concerns. Seek your own medical advice when considering any health related information.