



Looking after yourself doesn't need a grand plan.

Small habits that add up, and how to make them stick.



Start smaller than you think.

Big changes take effort, which means they can be hard to keep up when life gets busy. A habit that feels almost too easy is more likely to fit into your day, become part of your routine and stick around.

Ten minutes outside. A glass of water before your first coffee. Turning the lights off half an hour earlier.

One thing you stick to is better than five you quickly give up.





Four simple tips that work.

Health advice can feel endless, which can make it tempting to do nothing. Four basics make a real difference:

-  Enough sleep
-  Regular meals
-  Movement that works for you
-  Time with people

You don't have to fix everything at once.





Missed a week? That's normal.

Deadlines, illness, holidays and everyday life can get in the way. It's easy to see a gap as failure, but that's not the case. Start again when you can.

A restart counts just as much as a start.



Be as kind to yourself as you would be to a friend.

Contact HealthHero today for more support and advice.

We're with you every step of the way.