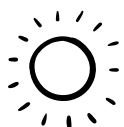


Wellbeing + Heart Health



PRIORITISE SLEEP



Expose your eyes to natural light in the morning.

This helps to regulate your wake and sleep cycles. Try eating breakfast outside or have an early morning walk without your sunglasses on. At lunch time also aim to get outside.



Aim to get at least 7-9 hours sleep each night.

Keeping to a consistent bed time and wake time is really helpful.



Get your room right for sleep.

Try to keep your bedroom around 18 degrees, make it as dark as possible, and use an alarm clock rather than relying on your phone. [A great eye mask can help too!](#)



Minimise screen and device use before bed.

Reduce blue light exposure and mental stimulation. Instead try reading, meditating, listening to a podcast or relaxing music.



Clear your head.

Write things down before you go to bed to get things off your mind. Ideally do this in a room that isn't your bedroom so you don't associate your bed room with your brain dump/download.



Check your alcohol intake and caffeine fix.

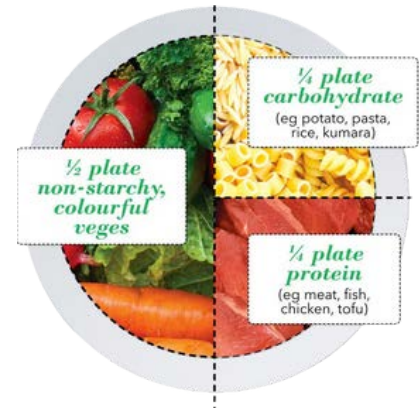
Too much can compromise the QUALITY of your sleep. Aim for less than [400mg caffeine](#) per day and try decaf or herbal tea in the afternoon. If you want to drink alcohol in the evening, the guidance is to stop four hours before bed.





NOURISH YOURSELF

While we enjoy food for what it is, what we eat eventually makes it to our cells to power everything our body does. What we eat, matters! A well-balanced diet containing plenty of colourful vegetables and fruit will help lower your cholesterol, especially those rich in fibre. Be sure to include enough energy, protein, fibre, and some unsaturated healthy fats.



KEEP MOVING

When we get busy, movement and daily exercise are generally the first thing to go. Exercise has been shown to improve your physical health, mental health, sleep quality, and overall quality of life.

Exercise:

- Find what you enjoy
- Find a time of day that works best
- Make it a priority and schedule it in
- Something is better than nothing

'Snacktivity':

- Park further away
- Active transport to work
- Take the stairs
- Have walking meetings



HYDRATE

DRINK 2-3 LITRES OF WATER DAILY

1. Start early with fluid intake - have a large glass or two
2. Use a water bottle and keep it topped up when you're on the go
3. Have water accessible and in sight - try keeping a jug in the fridge



MANAGE STRESS

The first step to managing stress is awareness. Are you aware of what is creating stress and when you are feeling stressed?

Below are a few strategies to help (sleep, nourishment and movement all help with managing stress and emotional wellbeing too).

BREATHE BETTER

Try to become aware of the way you breathe and practice techniques that help slow your breathing down if you find yourself in a stressful situation.



Step one - place one hand on your chest and the other on your abdomen. With your mouth closed, slowly take a deep breath in through your nose and allow your lungs to fill with air. If it helps, slowly count to four when you do this.



Step two - allow your abdomen to expand as you are breathing in, your belly should start to push out and your chest stays still.

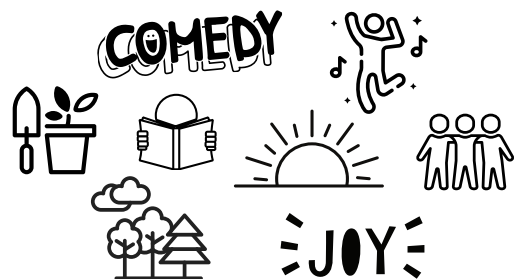


Step three - exhale through your mouth and allow your abdomen to come back inward, count slowly to five or six to ensure you fully exhaling.

FILL YOUR CUP!

If you want to feel good more often, taking conscious steps to increase the frequency and intensity of the positive emotions you experience can be extremely helpful, plus it can improve your health too!

- Connect with a friend or family member
- Take a walk in nature
- Watch the sunrise or sunset
- Hug a pet or a person
- Make a healthy meal and savour eating it
- Pick some flowers from the garden
- Smile, laugh, dance, sing!
- Pay someone a compliment
- Reflect on what you are grateful for
- Put some up-beat music on – this can be a great mood shifter!



Recommended maximum levels of caffeine

Under 18 years old No more than
3mg of caffeine per
kg in a single serving



E.g. for a 40kg child,
 $3\text{mg} \times 40\text{kg} = 120\text{mg}$

Over 18 years old **MAXIMUM** 400mg
caffeine per day
(from all sources)



MAXIMUM 200mg in
a single serving

Pregnant & breastfeeding



MAXIMUM 200mg
per day (from all
sources)

How much caffeine in a single serving?



If you want to cut back on how much tea and coffee you are having, try these alternatives:



herbal tea
(caffeine free)



flavoured water
with fruit/vege


















sparkling water















How much protein is in that?

Plant based protein

 Small block tofu 170g = 21g	 Baked beans 1/2 large can = 11g	 Chickpeas 1 cup/175g = 11g
 Shelled edamame 1/2 cup/75g = 10g	 Soy milk 250ml = 10g	 Grainy bread 2 slices = 8g
 Uncooked pasta 1/2 cup = 7g	 Cooked quinoa 1 cup = 7g	 Natural mixed nuts Handful/30g = 6g
 Rolled oats 1/2 cup = 5g	 Green peas 1/2 cup = 4g	 Peanut butter 1 Tbsp = 4g
 Corn cob 1/2 cob (100g) = 4g	 Almond milk 250ml = 2g	 Sunflower seeds 1 Tbsp = 1g

Animal based protein

 Canned tuna 95g = 24g	 Chicken breast (uncooked) 100g = 23g	 Beef steak (uncooked) 100g = 22g
 Salmon (uncooked) 100g = 20g	 Hoki fish (uncooked) 100g = 15g	 Eggs 2 eggs = 11g
 Mussels (without shell) 1/4 cup/62g = 11g	 2 slices cheese 40g = 11g	 Plain yoghurt 200g = 10g
 Medium latte 300ml = 9g	 Cows milk 250ml = 9g	 Cottage cheese 2 Tbsp = 4g

Recommended daily requirements?

20 - 25g at every meal



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How much fibre is in that?

Use the guide below to amp up your fibre intake!

Wholegrains and legumes are great ways to boost the fibre in your meals.

Women = 28g
Men = 38g

What's my minimum daily requirements for disease prevention?

BREAKFAST	 Frozen Berries 1/2 cup = 4g	 Banana 1 med = 2g	 Baked Beans 1/2 cup = 7g	 Weet-Bix 2 bricks = 3.5g	 Wholegrain Oats 1/2 cup = 6g	 Wholegrain Cereal 3/4 cup = 6g	 Chia Seeds 1 tbsp = 4g	 Soy Linseed Bread 2 slices = 5.5g
LUNCH	 Salad Greens 1 cup = 1g	 Avocado 1/4 med = 2g	 Mixed Seeds 2 tbsp = 2g	 Vita Wheat 9 Grain 4 crackers = 3g	 Ryvita 2 crackers = 3g	 Pear 1 med = 4g	 Four Bean Mix 1/4 cup = 7g	 Wholemeal Wrap 1 wrap = 2.5g
DINNER	 Potatoes 2 small = 2.5g	 Kumara 1/2 cup = 3.5g	 Quinoa (cooked) 1 cup = 4g	 Brown Rice (cooked) 1 cup = 3g	 Lentils (cooked) 1/2 cup = 3.5g	 Chickpeas (cooked) 1/2 cup = 6g	 Vegetables (cooked) 1 cup = 5g	 Wholemeal Pasta (cooked) 1 cup = 6g
SNACKS	 Dried Figs 2 = 4.5g	 Low-fat Hummus 3 tbsp = 3g	 Almonds 20 nuts = 3g	 Apple 1 med = 3.5g	 Peanut Butter 1 tbsp = 3g	 Carrot & Celery Sticks 1 cup = 2.5g	 Plain Popcorn 2 cups = 3g	 Psyllium Husk 1 tbsp = 5g

Approximate calculations only.

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Mission Nutrition
Dietitians & Nutritionists

Create a healthier life with Claire Turnbull's *wellbeing planner*



Create positive changes that last.

If you want to make it easier to live a healthier life, boost your mood and create new healthy habits to help you keep on track, Claire's planner is what you need!

The planner has been specifically designed without dates so you can start using it whenever you like! It is the perfect size to fit in your bag and with its beautiful cover, it is both stylish and durable.



- ✓ Daily and weekly planners
- ✓ Weekly challenges focused around nutrition, exercise, sleep and mental wellbeing
- ✓ Goal setting and tracking
- ✓ Space for your TO DO list and notes pages
- ✓ Healthy habit reminders
- ✓ Healthy recipes
- ✓ Inspirational quotes
- ✓ Mindfulness exercises
- ✓ Gratitude reminders
- ✓ Undated so can be started at any time



[Click here](#) for more information and to order your planner

🌿 **Do you struggle to get a good night's sleep?
Wake up feeling tired and not refreshed?**

These eye masks are the answer!

These amazing sleep masks are padded, with a soft, smooth outer fabric. They provide 100% light blackout, which is great for sleep quality. 3 colours available. **[Click here](#)** to find out more!



🌿 **Keen for 1:1 support?
My team can help!**

Mission **Nutrition**
Dietitians & Nutritionists



Mission Nutrition are a team of qualified and experienced dietitians and nutritionists who have the knowledge and skills to help you get results so you look and feel your best.

There is so much conflicting information out there when it comes to nutrition. We cut through the confusion and find solutions that are right for you.

- Personalised, realistic nutrition advice to suit your lifestyle
- Evidence-based
- Holistic: how you sleep, move and think all impact your wellbeing
- Behaviour-change focus, rather than templated generic meal plans
- Empowering you to make changes that can last

If you have health insurance, check your policy as you might be able to claim back the cost too!

For more information visit www.missionnutrition.co.nz