

Eat the RAINBOW!



GOALS

- **Eat every day as many natural colours as possible**, while you consume daily **8-10 portions of vegetables**. You can replace 1-2 portions with fruits.
- **Drink at least 2 L water** every day. If you do some sports, or perspire a lot, then drink more, than 2 L. (0.53 gal lqd)
- **Sleep at least 8 hours every day**. If possible, go to bed latest by 10PM.
- Find something funny or kind every day, that makes you smile. **Laugh** with your friends and family.
- **Move 15-30 minutes** every day. Please adjust your exercise to your recent physical status. Adjust the type and quantity of the exercise. I recommend doing one or more of these: walking, yoga, pilates, body weight workout, weighted workout.
- Every day have at least **5 minutes, when you switch off your thoughts and stop rushing**. Slow down for 5 minutes. You can use deep breathing technique, meditation, Theta Healing, being present technique, drawing, colouring, knitting. Anything, that switches your thoughts off for a while.

*If you have shifts at work, please try to sleep this 8 hours in one go, whenever you can.

*If you have an injury or illness, that makes movements difficult, please still try to do your best to find some form of movements, exercises, that you can do, if there's a way.

*If you do plenty of exercises, or you follow a diet prescribed by a doctor or dietitian, please adjust these recommendations to your own situation.