Tip of the week - **"It's not just about exercise and looking good"**

As I often explain to my clients, regular exercise is just one of the elements of maintaining a healthy lifestyle.  Try these tips to improve your physical and mental wellbeing:

* Drink at least 2 litres of fresh water per day
* Aim for at least 7-8 hours of sleep per night
* Switch your phone off 1 hour before settling down and leave it downstairs at night
* Eat with health in mind i.e. nutrient dense, single ingredient foods
* Try to minimise sources of stress in your life
* Surround yourself with positive people and be thankful for at least one thing each day