

# THERE'S NO BETTER TIME TO START MOVING THAN TODAY! THERE'S NO BETTER TIME TO START SLEEPING THAN TONIGHT!

At Hollard Health, it's all about bringing awareness to how we move and how we rest.

Daily movement is one of the easiest ways to speed up your health journey, but don't freak out, we're not talking about becoming ultra-marathon runners – we're talking about taking small steps each day to work towards bigger health and fitness goals.

And we're delighted to tell you that one of the best ways to enhance your daily activity is to get good rest. Sleep is one of the most underrated health elixirs out there so we've put together some practical and easy-to-implement tips on how to enhance your sleep.

## BUT FIRST LET'S GET MOVING

Here are some easy ways to up your exercise without going to the gym – you could even start today:

- **Take the stairs** – great for heart health, muscle strength and bone density, plus it burns more calories than running.
- **Walk to a co-worker** – instead of sending an email, it'll make communication better too. Unless you're working remotely, then it might be a bit too far to walk.
- **Clean the house** – this can be a full body workout if you do it with enthusiasm.
- **Bicep curls with tinned food** – do it while waiting for the kettle to boil or your ready meal to 'ping'.
- **(Try to) touch your toes** – no pressure, but if you stretch a little more each day or at intervals throughout the day, you could be touching those toes within a month.
- **Dance with the kids** – put those tunes on, clear a little space and get that body moving.



## AND NOW FOR SOME REST

Sleep is when our tissues can renew, organs and muscles heal and brains recharge – by optimizing it you're also optimizing your productivity and performance the next day.

Here are some ways to improve the quality of the sleep you're getting:

- **Declutter your bedroom** – clear and clean your bedroom and make it into a rest sanctuary that you want to go into and relax in.
- **Get off all devices an hour or two before bedtime** – this reduces your blue light exposure which is known to overstimulate your brain.
- **Eat dinner at least two hours before bedtime (three is even better)** – this gives your digestive system a chance to do its thing before going to sleep so that you can sleep deeper.
- **Support your nervous system** – drink something before bed that will relax your body and mind like camomile tea, rooibos tea or warm milk. A magnesium supplement can be great too.
- **Don't stay up too late** – try to get to sleep a few hours before midnight. The sleep hours you get before midnight have been proven to be more effective and restorative than the ones after.
- **Keep it regular** – aim to get to bed at the same time each night so your body gets used to a routine.
- **Get a good book** – it's such a great way to unwind and signal to your body that it's time to start getting ready for some good, deep, rest. Yawn.



READY TO GET REWARDED IN YOUR SLEEP? FIND OUT MORE ABOUT JOINING THE HEALTHMOV CHALLENGE AND EARNING BONUS REWARDS HERE.

## ABOUT HEALTHMOV

HealthMov is an app available to all Hollard Health members, that uses smart tech to track, monitor and provide real-time feedback on your daily activity and sleep patterns. Through a simple **selfie** it can measure your **heartrate, breathe rate, stress levels and BMI** and then give feedback, suggestions and rewards. It's like having a personal trainer and sleep coach in your pocket!



Remember, different things work for different people and your journey to great health will be completely unique.

Enjoy the journey, love your body and give it a chance to move and rest more each day.

Until next month,  
**The Hollard Health Team**

**Hollard.**  
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