

THE DAILY RESET CHECK

FOR A HEALTHY LIFE

Nutrition

Have you eaten a balanced meal with good energy sources?

Breathing

Have you taken a few deep breaths to centre yourself?

Outdoors

Have you spent time in sunlight or fresh air today?

Wind-down

Are you giving yourself time to rest and recharge before bed?

Do you want to make healthier lifestyle choices?



Hydration

Have you had enough water (fluids) today?



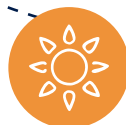
Movement

Have you stretched, walked, or exercised today?



Mental Break

Have you taken time away from phone screens or daily stress?



Positive Focus

Can you name one good thing that has happened today?



Reach out to LifeAssist for Health Coaching.



Call **0860 111 322**
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