



Ready, set, reset!

Welcome to the first day of your New year reset! Well done on making a commitment to your health. While this may only be a short timeframe, the habits you'll learn during the next seven days will hopefully set you up for a healthy and happy 2025 and beyond. So, let's get started!

You should already have your [New year reset guide](#) and [regular](#) and [vegetarian](#) meal plans. Use your guide throughout the week and choose one of the meal plans to follow.

Your daily non-negotiables

- No alcohol
- Follow the 7-day meal plan
- 12-hours fasting (e.g. 7pm-7am, only water allowed)
- No caffeinated beverages after 12pm
- No processed foods (refined sugars, added fats, salt)
- 5 serves of vegetables and 2 serves of fruit each day
- 7,500 steps each day
- 7+ hours of sleep each night
- Record your hunger and fullness levels with each meal
- Daily exercises (refer to your guide)

These daily practices are designed to help kickstart your journey towards optimal health and leave you feeling energised and rejuvenated.

How hungry am I?

A hunger and fullness scale can help you understand your levels of hunger and fullness so you can learn to listen to your body. The YOUR WORDS column in the sample provided is particularly helpful as it allows you to describe in your own words how you feel when you're at any given number.



Mindful eating can be a particularly useful tool while you learn to listen to your body's hunger and fullness cues. Check out this [Headspace video](#) and [read our article](#) for more on mindful eating. Plus, [check out our blog](#) for some helpful nutrition tips to get you through the week.

You've got this!

Good luck over the next seven days and, remember, you can modify the daily exercises and ease into things. For example, pick two or three non-negotiables from the list and start from there, then, if you're up for it, add one or two more and work your way up throughout the week.

Yours in good health,

The CBHS team

All information contained in this email is intended for general information purposes only. The information provided should not be relied upon as medical advice and does not supersede or replace a consultation with a suitably qualified healthcare professional.