



CBHS

Health Cover for the
CommBank Family



New year reset guide



All information contained in this handout has been prepared by CBHS health professionals and is intended for general purposes only. The provided should not be relied upon as medical advice does supersede or replace a consultation with suitably qualified healthcare professional. CBHS Health Fund Limited does not accept any liability for any injury, loss or damage incurred as a result of your participation, including any use of or reliance on any information provided, except to the extent of any contributory negligence by CBHS.

Welcome to your *New year reset*

As we welcome a new year, we also welcome a chance to reflect and create new routines that support our health and wellness. This is a great time to gain control over your food cravings, establish a daily movement practice and enhance your overall wellbeing and energy.

The *New year reset* is a 7-day challenge, designed to jumpstart these new routines to help you become healthier, happier and more energised.

Essentials:

- Feel free to adjust meals to suit your lifestyle, but it's important you remain committed. Following the meal planner will ensure you get a balanced intake of all food groups. For example, you can choose different types of vegetables, or swap your protein sources, like pork for chicken, meat for tofu, cauliflower for broccoli, as long as you're consistent.
- Try not to feel overly hungry or full. If you're a light eater, reduce the portion sizes of meat/chicken/fish and cut down on snacks and desserts. For hearty eaters, consider increasing the portion sizes of meat/chicken/fish up to 200g per meal.
- To keep the nutrients in your veggies, use cooking methods like steaming, baking, or light stir-frying. Avoid deep-frying.
- Enhance flavours with natural additions like fresh or dried herbs, spices, and lemon juice.
- You can drink water, green tea, and herbal teas. Limit coffee consumption (200mg caffeine, e.g. 2 cups each day, before 12pm).
- Practise mindful eating by listening to your body's hunger cues. Focus on your meal without distractions. Turn off the TV and put your phone away, that way you can savour each bite and stop eating when you feel satiated.
- What's not part of the next seven days? Alcohol, commercial juices, soft drinks, energy drinks, chocolate bars, lollies, cakes, fast food, processed and refined foods (e.g. white bread, pastries), and cigarettes/vaping.

Stay committed and feel the difference!

Daily non-negotiables

- ☐ No alcohol
- ☐ Follow the 7-day meal plan
(**regular and vegetarian plans available**)
- ☐ 12 hours fasting
(e.g. 7pm-7am nil foods, water allowed)
- ☐ No caffeinated beverages after 12pm
- ☐ No processed foods
(foods with refined sugars, added saturated fat such as cakes, biscuits, soft drinks, chips etc.)
- ☐ 5 serves of vegetables and 2 serves of fruit each day
- ☐ 7,500 steps each day
- ☐ 7 hours, or more, sleep each night
- ☐ Record your hunger and fullness levels with each meal
- ☐ Daily exercises, follow our guide on the next page.





Daily exercises

Complete each of the following once per day.



50 squats



50 lunges
(25 each leg)



50 second plank hold



50 second wall sit



50 push-ups
(on your knees or toes)



50 crunches or sit-ups

Tick off your daily exercise below - well done!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Please consult your GP prior to starting any exercise program if you are pregnant, experience back pain or are injured. If you are new to these movements, you can start slow and work your way up throughout the week, for example 15 of each exercise, then 20 and so on.

Pre and post challenge

Complete before you start your *New Year reset*

Complete after your *New Year reset*

	Day 1	Day 7
Nutrition	How many servings of fruits and vegetables do I usually eat in a day?	Have I increased my intake of fruits and vegetables over the past week?
	Do I often consume sugary or processed foods or drinks? <input type="radio"/> Yes - most meals <input type="radio"/> Mostly - once per day <input type="radio"/> No	Have I reduced my consumption of sugary or processed foods or drinks? <input type="radio"/> Yes - most meals <input type="radio"/> Mostly - once per day <input type="radio"/> No
Energy	How would I rate my energy levels throughout the day on a scale from 1 to 10? (1 being the lowest)	How do my energy levels today compare to day 1 on a scale from 1 to 10? (1 being the lowest)
	How many hours of sleep do I usually get each night?	Has the quality or duration of my sleep improved?
	Do I experience any midday or afternoon energy slumps and reach for coffee or sugary foods?	Are my midday energy slumps less frequent or severe?
Body	How often do I engage in physical activity or exercise?	Am I more consistent with my physical activity or exercise routine?