



Hi there,

Thank you for completing the *Supercharge your gut* challenge with us. You and more than 4,000 CBHS members took part, and we hope you got as much out of it as we did.

We'd appreciate if you could take a few moments to complete this short survey about your experience during the Supercharge your gut challenge. Your say is important to us as we want to continue to deliver health and wellness content that you find valuable. To thank you, we've created a cookbook packed with yummy gut-loving recipes the whole family will love!

Start the  
**survey here!**



We'd also like to leave you with some key takeaways from the last four weeks:

### **5 top tips to supercharge your gut**

1. Eat a variety of plant-based foods – aim for 30 different foods each week
2. Practise mindful eating and chew food slowly
3. Manage stress levels with activities such as meditation, yoga or breathwork
4. Keep active – even just walking for at least 30 minutes a day can make a difference
5. Add probiotics, fermented foods and foods high in resistant starch to your diet (remember to stay hydrated as your fibre intake increases).

We hope you've felt an improvement in your gut health over the past four weeks and will continue to implement some of the strategies you learnt into your daily routine.

Until next time Superchargers,

Team CBHS Health

**Sources:**

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