

01 DIET



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Treat yourself to a healthy mocktail

We love this Mango Bellini for a tasty way to cut back on your alcohol intake. All you'll need is:

- Crushed ice
- White grape Schloer
- Lemonade
- Mango (or peach) sorbet

Method: Fill 1/3 of a champagne flute with crushed ice. In a jug, add one scoop of sorbet with about 50ml of Schloer and mix well. Pour into your flute and top up with lemonade.

11 DIET

Red alert



Check the nutritional information on any food or drinks you buy today. See if you can avoid anything that's colour-coded red.

17 DIET



Stay hydrated

Aim to drink around eight glasses of water a day for women, or 10 for men. Keep a bottle of water handy at work.

18 FITNESS



Reclaim your lunch break

Use your lunch break to incorporate physical activity into your day – even if it's just a walk around the block.

23 RELAXATION



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Soak in a warm bath

If you're having trouble sleeping, try a warm bath before bed. Fill it with bubbles, light a few candles and have some 'me time'.

02 RELAXATION



Mind and body practices

Exercise can be relaxing! Try Tai chi, qi gong and yoga to help control your breathing and help you to unwind.

03 DIET



Switch up your shopping list

Take a minute to make two healthy swaps. Try switching crisps for unsalted popcorn.

05 FITNESS



10 minute workout

Mix it up with rocket jumps, star jumps, tap backs and burpees. Head to My Bupa for your workout plan.

06 RELAXATION

...and breathe

Try slowly breathing in through your nose and out through your mouth a couple of times to de-stress and relax.

08 MINDFULNESS

Have a digital detox

For 10 minutes a day, turn off all your screens – smartphone, tablet, TV – and focus on you. It's a great way to switch off.



09 FITNESS



One step at a time

Swap the lift for the stairs and take it one step at a time, rather than two, to burn more calories.

10 MINDFULNESS



Make time for a mini-meditation

Take just three minutes to sit up straight, close your eyes and tune into your immediate thoughts and feelings.

04 FITNESS

Go for the goal

You're getting into fitness, great! Now set yourself realistic goals, so you can track your progress and stay motivated.



07 DIET



Eat more slowly

It could lower your calorie intake, so try not to rush when you're eating.



12 MINDFULNESS

Have a mindful meal

Stop and think about what you're eating. Bring all of your senses to the table, noticing the smell and texture, so you really appreciate your food.

13 RELAXATION



Bury your head in a book

Everyone loves a good book. Relax and rediscover an old favourite before bed.

14 MINDFULNESS



Try a 'body scan'

Focus on you, observing any body sensations that you become aware of. Go to My Bupa for a sound recording to help.

15 RELAXATION



Get a good night's sleep

Before bed, dim the lights and give yourself time to chill out. You might find listening to relaxing music helps.

16 FITNESS



Pain in the back?

Good news – you might be able to ease pain in your lower back, and also prevent it from returning, by doing some of the simple exercises on My Bupa.

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19 MINDFULNESS



Download a mindfulness podcast

Have a listen, on My Bupa, to one of the mindfulness podcasts by Jane Bozier, a registered nurse and mindfulness expert at Bupa.

20 RELAXATION



Take a break from your screen

Have a break every now and then, day and night, to give your eyes a rest.

21 MINDFULNESS

Mindfulness at work

See if your work offers a mindfulness programme and get involved. If not, try transferring some of the mindfulness principles you've learned so far into your working day.

25 FITNESS

To the core

Help improve your posture with exercises that target the muscles in the centre of the body. Check out our video on exercises like the 'big squeeze' over at My Bupa.



22 DIET



Whip up a 'superfood' salad

'Superfoods' are often nutrient-rich, so they're great for your diet. Get adventurous in the kitchen and swap your usual lunch for a quinoa salad.

23 RELAXATION



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24 MINDFULNESS



Make mealtimes a family affair

Sitting down together to eat can have lots of health benefits like improved diet and reduced obesity. It's also a great way to catch up on everyone's day.

26 DIET



Serve up a smoothie

For a fun way to get your five-a-day, try a tangy ginger and beetroot smoothie, recommended by our Senior Specialist Dietitian. Head to My Bupa for the full recipe.

27 RELAXATION

Stretch away your stresses

Try a simple neck glide stretch: stand or sit up straight, keep your chin parallel to the ground and glide your head as far back as you can. Now glide forward. Repeat three times.

28 FITNESS



Get active in your area

If the gym's not your thing, why not see if there are any classes or groups in your local area?