



## The secrets to fitness success

*The likelihood that you will retain a habit for a year or more is greater than 80% when you try to change a single behaviour at a time. However, if you try to tackle two behaviors at once your chance of success decreases to less than 35%. It is therefore not surprising that attempts at lifestyle overhauls are rarely successful.*

If you are looking to change a behaviour to improve your health and wellbeing, here are some tips to set you up for fitness success:

### Consistency

To achieve consistency, you want to think about the types of exercise that you can do on a regular basis. Getting a gym membership, purchasing home exercise equipment, investing in exercise DVDs or buying a bicycle may be some of the things you want or need to work out with consistency. To increase your chances of sticking with your exercise routine and forming a habit, try to exercise at the same time on most days.

### Planning

Setting short-term and long-term goals is integral for your overall fitness success. Use the SMART (specific, measurable, attainable, realistic, timely) principle to guide your goal development. Next, create an exercise schedule that includes the days, times and

places you will work out to solidify your commitment to yourself and your goals. Often things that are not scheduled are not accomplished.

### Flexibility

Active people are less likely to have an all or nothing approach, so try to be flexible about how long or how vigorously you exercise. If you miss your hour-long gym class because your meeting at work ran late, why not go for a walk around the block for 20 minutes instead, rather than punishing yourself and thinking you have failed.

### Enjoyment

Exercise for pleasure and the overall health benefits, rather than weight loss. Walk and talk with a friend, plant a garden, do something active that you enjoy and will continue to do on a regular basis. You do not have to sweat and ache to improve and maintain your health and wellbeing.



# How is your sleep?

**Many Australians are suffering from fatigue and exhaustion on a daily basis due to inadequate or ineffective sleep. Over the past 50 years, sleep duration in adults has reduced by 1.5 – 2 hours per night. Sleep problems cost Australian businesses \$3 billion a year and cause 10,000 serious workplace injuries and 25,000 serious road crashes per year.**

Healthy sleep habits are essential for maintaining overall health, and can make a big difference to your mood, concentration, memory and quality of life.

## What can you do to sleep better?

1. Have regular sleep patterns. Go to bed at the same time each night, and get up at the same time every morning.
2. Adults need on average 8 hours of sleep each night. Unless you have lengthy sleep requirements, limit your time in bed to no more than 8.5 hours.
3. Remove technology out of the bedroom. Television, computers and other distractions can interfere with your sleep.
4. Avoid caffeine, cigarettes, alcohol and fluids in general at least 1 hour before bed.
5. Finish eating at least 2 hours before bed. Do not go to bed hungry or too full.
6. Exercise daily and, where possible, get some sunlight.
7. Resolve your worries. Write down what is on your mind before bed and set aside for the next day.
8. Make sure your bedroom is comfortable, dark and quiet.
9. If you are still having trouble sleeping, seek professional help.



**Sleep Awareness Week runs from 3rd to 9th July 2017. Visit [www.sleephealthfoundation.org.au](http://www.sleephealthfoundation.org.au) for more information.**

## Chicken and winter vegetables soup

### Serves 4

This is a highly versatile recipe; you can swap the ingredients with any other root/hardy vegetables you have. It can also be made a day ahead ready for heating up for a quick mid-week dinner.

### Ingredients:

- ▶ 1 tbsp olive oil
- ▶ 4 – 5 skinless chicken drumsticks
- ▶ 1 large onion, diced
- ▶ 2 large carrots, peeled and sliced into rounds
- ▶ 2 sticks of celery, chopped into bite-size chunks
- ▶ 4 cloves of garlic, peeled and finely sliced
- ▶ Salt and pepper to taste

### Method:

- ▶ Heat up a large, heavy-based saucepan
- ▶ Add the oil and sauté the onion on medium heat until soft
- ▶ Add the carrots, celery and garlic to the pan, stir and continue to sauté for 5 minutes
- ▶ Add the drumsticks and just enough boiling water to cover all the ingredients
- ▶ Bring to the boil then lower to medium-low heat and let simmer in the saucepan with a half-closed lid for 45 mins
- ▶ Take off the heat and remove the chicken. When it is cool enough to handle, strip the meat off the drumsticks into bite-size pieces and add back to the soup
- ▶ Add salt and pepper to taste
- ▶ Serve with crusty bread



Lvl 3 170 Railway Parade,  
West Leederville WA 6007

 (08) 9483 8888  [lgiswa.com.au](http://lgiswa.com.au)

*The information provided in this newsletter is general guidance only and should not be relied on as a substitute for professional advice. No liability will be accepted for losses resulting to any reader relying solely on this publication. No part of this newsletter may be reproduced without permission from LGIS.*

Renee Rohde is a specialist health and wellbeing professional and Program Manager at LGIS.

**Contact Renee on (08) 9483 8888 for more information regarding these programs.**