

# FOUNDATIONS OF HEALTH



## Vegetables



Eat 5 serves of vegetables a day, even better if you eat a rainbow of colours! Veggies provide essential vitamins and minerals to the body as well as antioxidants and that incredible fibre factor (which as we know is essential for good bowel health).

## Sunshine



This is the best way to increase your Vitamin D levels. You need this amazing vitamin to assist with your immune system and so much more!

## Exercise



It's the most powerful antidepressant, it gets those endorphins flowing so you feel good, it also assists with keeping healthy bones and of course essential for all the organs in your body to function well.

## Water



If you aren't drinking water, then how can you expect your body to function well? You need this for every function in your body! Your bowels won't operate optimally without it, and neither will your brain.

## Laughter



Probably my favourite one that is overlooked all of the time. If you don't laugh, if you aren't connected to community, then there is some joy missing from your life. This may be the missing link to you finding good health!

## Sleep



I love sleeping, and so should you! Good quality sleep is essential for your body and mind to function well on a daily basis.