



Russell Fitness Habit Change Action Pack Week 2

Task 1

Download an app to help you get started on meditation

My top recommended are HEADSPACE or CALM.

Practise meditating for 10minutes a day preferably before you go to bed to wind down

Task 2

Set up your bedroom as your new sleep cavern

Consider

1. Blackout curtains/blinds
2. Low light lamps for example salt lamps
3. Cover up any blinky lights
4. Remove devices from your bedroom
5. Make you mind associate your bedroom for sleep and intimacy
6. Turning off the central heating and using windows to ventilate
7. Earplugs if you have noise pollution

Task 3

Develop your pre-sleep routine so that your body and brain recognises that it is time to sleep

Consider

1. Drinking banana tea, or cammomile tea in the evening
2. Drinking cherry active to stimulate melatonin for better sleep
3. Switching off all devices 90mins before you want to sleep
4. Avoiding movies, tv series and books that are high octane thrillers
5. Consider investing in some blue light blocking glasses, to filter out any stimulatory light that might creep into your eyes
6. Winding down with some soft music
7. Gentle stretching or yoga
8. Emptying your mind with a written 'to do' list
9. Meditation
10. Rub magnesium oil onto your muscles for better recovery
11. Setting a regular bed time and sticking to it

Taking action on these things will be incredibly powerful. The stronger your routine becomes, the more conducive you make your evening for preparing to sleep, the faster you will see results in your energy, mood and weight loss.