



SWAP IT OR DROP IT

TIPS TO IMPROVE YOUR NUTRITION AND LIFESTYLE

By swapping out less healthy choices or dropping habits that hold you back, you can increase your energy, feel more empowered and in control, so you feel your best.

LIFESTYLE:

1. Less Scrolling, More Strolling Replace one daily scrolling session with a 10–15-minute walk around your neighbourhood or workplace. Invite a friend to make it social!

2. Less Snoozing, More Moving Set your alarm 10 minutes earlier and do a 5-minute stretch routine or a brisk walk. Keep sneakers by your bed as a reminder.

3. Less Multitasking, More Mindfulness Set aside 5 minutes daily for a mindfulness practice, like deep breathing or a body scan meditation.

4. Less Uber Eats, More Home Feasts Create a meal plan on Saturday for the following week. Prep ingredients in advance to make cooking quick and enjoyable.

5. Less Up Late, More Regenerate Set a bedtime 30 minutes earlier than usual and create a wind-down routine—think reading or a warm herbal tea. Aim for 7–8 hours of sleep to recharge.

NUTRITION:

1. Swap White Bread for Wholegrain Bread Opt for wholegrain or wholemeal bread for your sandwiches or toast. Check labels for “100% whole grain” to ensure quality.

2. Swap Chips for Unsalted Nuts Carry a small portion (about 30g) of unsalted mixed nuts for a crunchy, nutrient-rich snack. Store them in a reusable container for convenience.

3. Swap Sugary Drinks for Infused Water Add slices of cucumber, mint, or berries to a reusable water bottle. Try new combinations like orange-mint to make hydration fun.

4. Drop Sugar in Your Coffee Gradually reduce sugar by half each week until you enjoy your coffee black or with a splash of unsweetened plant-based milk.

5. Swap Processed Meats for Lean Proteins Grill chicken or bake salmon for dinner. Try lentils in a hearty soup or salad for a plant-based protein boost.

You don't need to tackle all ten changes at once! Pick one or two swaps or drops that feel achievable, and notice how they enhance your energy and workouts.

For more fitness and wellbeing information visit:
fitnesspassport.com.au/resources/

