



DO WE REALLY NEED TO CHANGE EVERYTHING BY MONDAY?

Amelia and I talk about health habits, movement and starting with something manageable. It's easy to end up with a list of everything we should be doing. What if we picked one thing and gave ourselves time to practise?

Amelia Phillips and I talk about health habits that have a chance of fitting into real life.

REAL LIFE, NOT A NEW REGIME.

01 NOTICE WHAT'S HAPPENING IN YOUR OWN DAY.

Amelia talks about noticing what was affecting her sleep and changing her choices. It's her experience, and a useful reminder to look at our own patterns.

02 GOT THE RESULTS. NOW, WHAT DO THEY MEAN?

We talk about keeping copies of health information and asking a clinician to explain it. You don't have to make sense of every result on your own.

03 THERE'S ROOM TO TALK ABOUT STRENGTH TOO.

Amelia brings muscle into the movement conversation and argues that cardio isn't the whole picture. It's a prompt to discuss what would suit your own routine.

04 YOUR MIX MIGHT LOOK DIFFERENT FROM SOMEONE ELSE'S.

Amelia talks through different kinds of movement, including gentler cardio and strength. The right mix and intensity depend on the person doing them.

05 ONE CHANGE BEFORE TEN NEW PROMISES.

We come back to choosing one area to focus on and building from there. You don't need to try every health trend at once.



WARM UP. BOTH SIDES.

More useful bits from the conversation, each with one way to use it.

Pick the one that fits your week.

06 GIVE YOUR WARM-UP MORE TIME

Amelia warns against coming back from a break expecting your joints to do what they did in your 30s. Warm up for longer. **Try it:** Ask a trainer or physio to help plan a warm-up for your joints and fitness.

08 MAKE STRENGTH SOCIABLE

Dom finds strength training less boring in a small class. Amelia agrees the group helps, and says beginners should start gently. **Try it:** Look for a supervised beginner strength class if training alone bores you.

10 ASK WHAT A TREND WOULD REPLACE

Before adding a wellness trend, Amelia asks what it would push out: a workout, the shopping, something already helping. **Try it:** Check what you'd shorten or skip before adding a new activity.

07 WORK THE WOBBLY SIDE

People start balance work on their stronger leg. Amelia's tip: always work the poorer one too. **Try it:** Practise balance on both sides beside something stable; ask a physio if it's hard.

09 BUY THE BEETROOT READY-COOKED

Amelia buys peeled, cooked beetroot because prepping it takes time, then adds it to salads, smoothies or the side of a meal. **Try it:** Add ready-cooked beetroot to a meal you already make.



ONE CHANGE. NOT TEN PROMISES.

Pick what suits you.

1 PICK SOMETHING YOU'RE CURIOUS ABOUT.

Sleep? Movement? Something else in your routine? Note what you do now, without giving yourself a hard time about it.

2 ASK THE QUESTION BEFORE ADDING ANOTHER THING TO THE LIST.

Take persistent symptoms or confusing results to a clinician. Ask what matters for you, and whether there's a next step you need to take.

3 CHOOSE WHAT SUITS YOU.

Where professional input is needed, agree an appropriate change first. Try the habit, then note what you'd like to talk through or adjust.

ONE THING BEFORE 50. OR STARTING NOW.

Start with your own situation and a habit that fits it. More tests, more supplements and harder training aren't automatically what you need.

OVER TO YOU

The routine I'd like to understand better is...

One manageable habit I could try is...
