

# DIVING INTO... DAILY ROUTINES



## Why do daily routines matter?

Establishing a consistent daily routine can help impact your overall health and well-being. By creating and following a structured daily plan, you may be able to:

- › Boost productivity and focus.
- › Enhance physical health.
- › Promote better mental health.
- › Reduce stress and anxiety.
- › Improve sleep quality.

## What are the key components of a healthy daily routine?

### 1 A consistent sleep schedule

- › Go to bed and wake up at the same time every day.
- › Aim for around 7 to 9 hours of sleep per night.

### 2 Regular exercise

- › Incorporate some physical activity each day. This doesn't always need to be an intense exercise session. For example, on active rest days this might be a gentle walk.
- › Mix cardio and strength training throughout the week. This is good for multiple reasons – see **“Exercise and Metabolism”** and **“Exercise Best Habits”** for more information.

### 3 Balanced nutrition

- › Plan and prepare healthy meals in advance.
- › Include a variety of fruits, vegetables, lean proteins, and whole grains.
- › Stay hydrated throughout the day. Choose water or unsweetened drinks over those with added sugar.

### 4 Work-life balance

- › Set clear boundaries between work and personal time.
- › Take regular breaks during the workday. Try not to eat your breakfast, lunch or dinner in front of the computer or at your desk.
- › Engage in hobbies you enjoy and relaxation activities.



## The following are some tips to help you build a strong daily routine:

### Assess your current habits

- › Take a week to observe and note your current daily activities and routines.

### Identify areas for improvement

- › Highlight aspects of your day that you think could be healthier or more structured.
- › Write these down as you notice them.

### Set realistic goals

- › You are more likely to stick to a routine if there are clear, achievable aims in place.
- › Start small and gradually incorporate new habits into your routine.
- › Going “all in” at the start has the potential to be overwhelming and will be less effective in the long run.

### Create a schedule

- › Design a daily plan that includes time for all essential activities:
  - Sleeping.
  - Working/studying.
  - Relaxing.
  - Eating.
  - Exercising.
  - Socializing.

### Be consistent

- › Stick to your new routine for at least 21 days to increase your chances of forming lasting habits.

### Make adjustments

- › Regularly evaluate your routine and make changes to better suit your lifestyle and goals. Your goals will change over time, and so should your routine!

**Remember,** a well-structured daily routine can be a powerful tool for improving your physical and mental health. If you would like to discuss how to develop a daily routine that might work for you, don't hesitate to speak with a member of the **ZUPREME Trial Team** at your next trial visit.