

# Holidity

## Habit Reset – Habit Hack Guide

On 1<sup>st</sup> January 2020, as part of her preventative health research, Holidity founder, Dr Julia Jones, cancelled her fitness subscriptions and instead began experimenting with small ‘habit hacks’ in her daily routine.

She then began supporting other people who were keen to adopt the same approach. Many people found these science-backed adjustments to daily habits much easier to sustain than typical diet and fitness-based recommendations that require more ongoing effort and cost.

Choose ONE habit-hack from the list and start checking-in with Julia on WhatsApp.

<b>Choose a habit hack to start embedding in your daily life</b>	<b>Benefits</b>
I’ll reduce my eating window by having breakfast later and dinner earlier in my routine	Eating and drinking within a shorter period of time can reduce calorie intake and support cellular repair processes that activate when we are in a ‘fasted’ state.
I’ll slow my breathing  (Search for our “MusicHacks” practice tracks on Spotify to help learn this breathing rhythm)	Slow, deep, breathing has been used for thousands of years to calm our mind and nervous system to help support healthy cell repair and reduce harmful stress hormones.
I’ll get early daylight outdoors each morning	The ancient Circadian timer that regulates our healthy sleep is activated when cells in our eyes tell our brain they have sensed morning daylight. Get outdoors as early as you can to help this system work effectively. Avoid bright artificial light in the evening as this messes it up. Sleep is critical. A tired brain makes poor health choices!
I’ll take Vitamin D	Vitamin D is essential for bone health and must be supplemented daily in parts of the world that lack sufficient sunlight exposure or when extensive indoor work reduces time spent outdoors.
I’ll do some strength work and stand up more frequently  (e.g walk up and/or down stairs instead of using lifts/escalators and carry heavy bags)	We lose muscle tissue throughout life so regular strength activity is required to offset that loss and build and maintain sufficient muscle tissue. Even the act of standing up is a strength act for our body.

I'll have a few minutes of a cold water burst at the end of my shower	Cold water stimulates our circulation. It also activates our fight or flight response giving us an opportunity to train the nervous system to stay in control by keeping our breathing rate slow and deep during the cold water minutes.
I'll use vapes / patches instead of smoking cigarettes	Smoking kills. Switching to vapes or nicotine patches can be a helpful step towards ending this damaging habit.
I'll clear my inbox into folders	Modern work life can be very overwhelming and trigger our ancient stress response. Over time this constant triggering of the ancient fight or flight hormones can damage our cellular health. Reducing the stress by moving emails into folders and unsubscribing from mailing lists helps keep your inbox less busy.
I'll enjoy a probiotic food or drink that contain live bacteria  (e.g. live yogurt, kefir, kombucha, kimchi, sauerkraut)	Maintaining a high diversity of gut bacteria is linked with better health and immunity. Probiotic foods and drinks put live bacteria into your gut to help nurture diverse colonies of microbes.
I'll avoid ultra-processed foods, drinks, and added sugars	Our bodies are designed to only digest real food. Avoid food/drink with hidden sugars and lots of added ingredients that you would not find in your grandmother's kitchen.
I'll reach my step count	Moving regularly during the day is essential for good physical and mental health. Stand and walk frequently throughout the day. Choose routes with inclines if possible.
I'll stand tall and do shoulder rotation / stretches / exercises	Our time spent on laptops and mobile phones is ruining our posture. Stand up straight and maintain good shoulder flexibility and muscle strength.
I'll switch off TV and read a book or listen to music	Our brains are over stimulated and our eyes spend too long being exposed to electronic screens. Spend some time doing something calming that doesn't require a screen. Close your eyes if possible and give them a rest. Use your imagination to generate whatever images you'd like to see.
I'll leave my desk for a lunchtime walk	Inactivity is extremely harmful to our brain and body and eating lunch at your desk is not helping. Get some outdoor exposure and extra steps in your routine with a lunchtime walk away from your desk.

I'll increase my fibre / fiber intake.	Most of the Western world is struggling to get anywhere near the required daily amount of fibre. This is absolutely essential for gut health and general wellbeing. Add high fibre foods into your daily routine such as lots of vegetables, fruits, bran, shredded wheat cereals (low sugar) and wholegrains.
I'll learn a musical instrument or language	We lose brain connections throughout life. Practice new skills on a musical instrument or learn new vocabulary to build new healthy brain connections and boost cognitive function.
I'll drink no more than one alcoholic drink	Alcohol harms our cells and is extremely calorific. Adjust your routine to consume no more than 1 drink per day. e.g. order a half pint instead of a pint or order a G&T or red wine or lower sugar / alcohol option if you must order alcohol.
I'll drink enough water	Avoid dehydration by drinking water regularly through the daytime. This helps circulation, blood pressure, digestion and brain function.
I'll order decaf after lunchtime	Caffeine can block vital receptors in the brain that are involved in sleep regulation. Simply switch to a high quality Swiss water filtered decaf coffee after lunchtime instead. Caffeine can bring health benefits but too much can be counterproductive.
I'll avoid social media	Our brain is overwhelmed with the hectic stimulation of the modern world. According to a Royal Society for Public Health study social media is more addictive than cigarettes or alcohol. It can also stimulate your stress response. Rest your brain.
I'll stick to a consistent bedtime	Most of us are simply not getting enough high quality sleep and are going to bed too late. We need 7-9 hours of sleep each night for the important overnight health and repair processes to occur effectively. This means going to bed earlier and maintaining a consistent sleep schedule. Sleep is a critical pillar of wellbeing. Don't neglect it.
Switch from milk chocolate to dark chocolate (75%+)	Sugar is killing us but we love it. A simple way to still enjoy a treat but with better health outcomes is to adjust your milk chocolate habit to a dark chocolate habit. Add a handful of nuts to it for added benefits.

Continued...

## **Let's Get Started!**

We know that several habit hacks on this list will probably catch your eye and seem very simple but we urge you to simply pick just **ONE** to focus on.

Attempting too many changes at once usually leads to failure.

When you feel confident you've permanently embedded your chosen habit hack into your daily routine, pick a new one and repeat the process.

Achieving lifelong changes to daily habits can take time.

Don't get disheartened if there are days when you don't manage to action your chosen habit hack. It's perfectly normal.

Keep trying and keep checking in with Julia each day. It just takes a few seconds but can significantly improve your success.

If you find you're struggling with the habit back you chose we encourage you to stop trying to do that one and simply pick another. Once you improve your habit training ability you can return to the one you found troublesome.

We look forward to joining you on your habit hacking journey! Good luck!

Dr Julia Jones and the Holidity team

[www.holidity.com](http://www.holidity.com)

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The Habit Reset is not medical advice. It is intended to be educational and a support tool for healthier habits. If you think any of the habit hacks might negatively affect your health you should always first consult with your personal doctor before making changes to your daily routine.