

## You can influence your

# **HEALTH & WELLBEING**



## **MODIFIABLE** risk factors



### Do you get enough quality sleep?

Sleep hygiene, routine, fatigued vs. restored, day vs. night.

Physical Activity



**Stress** 

#### How stressful is your daily life?

Wired and tired, anxious, adequate support at work and at home.



#### Do you exercise regularly?

Exercise type, frequency, duration, cardio vs. strengthening.



Microbiome



#### How beneficial are your bacteria?

Digestive issues, nutrient absorption, immune tolerance.



**Toxic Environment** 



How toxic is your everyday environment?

Chemicals and pollutants at home, at work, in food, in the air.



### How balanced is your diet?

What and when, food variety, special diets, intolerances, hydration.



Nutritional therapy is the application of nutrition and lifestyle medicine to inform individualised recommendations for optimal health and wellbeing.

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