

BN JOURNAL



20 HEALTHY HABITS

ISSUE 007

Small habits. A better everyday.



A healthier life can begin with repeatable basics. Choose two or three habits to practise first, then add another when they feel easier.

01 / THE DAILY PRACTICE



Protect your sleep.

Make room for enough sleep. Adults aged 18-60 generally need at least seven hours a night; your own needs may be higher.

02 / THE DAILY PRACTICE

Keep a steady rhythm.

Aim for a similar bedtime and wake-up time each day, including weekends. Give the routine a realistic place in your life.

03 / THE DAILY PRACTICE



Make water easy.

Keep water within reach and choose it more often than sugary drinks. Let a glass with meals become a simple cue.

04 / THE DAILY PRACTICE

Give screens a curfew.

Turn off electronic devices at least 30 minutes before bed. Use that space for a quiet, familiar activity instead.

05 / THE DAILY PRACTICE

Move coffee earlier.

Avoid caffeine in the afternoon or evening, particularly when sleep is difficult. Try a caffeine-free option later in the day.

06 / THE DAILY PRACTICE



Set the room for rest.

Keep your bedroom quiet, relaxing and comfortably cool. A short wind-down ritual can make the transition into bedtime more intentional.

The sleep target shown is for adults aged 18-60. Tap entries for CDC and WHO guidance. Start with a routine that is realistic for you.

Nourish the day. Make room to move.



Build variety into food and regular movement into the week. Small, practical choices give the routine somewhere to start.

07 / THE DAILY PRACTICE



Add vegetables.

Include vegetables in everyday meals. Fresh, frozen or canned options can all work; choose versions without excess salt.

09 / THE DAILY PRACTICE

Try whole grains.

Choose oats, wholegrain bread or brown rice more often. Make one familiar swap rather than redesigning every meal.

11 / THE DAILY PRACTICE

Choose better fats.

Use unsaturated fats, such as olive oil, nuts and seeds, in place of some butter and other saturated fats.



13 / THE DAILY PRACTICE

Make time for strength.

Include muscle-strengthening activity on two or more days a week, working the major muscle groups. Build up gradually.

08 / THE DAILY PRACTICE

Choose whole fruit.

Keep fruit available and enjoy a variety. Choose whole fruit more often than juice, which can contain plenty of free sugars.

10 / THE DAILY PRACTICE

Eat beans more often.

Add lentils, chickpeas or beans to your regular meals. Try a soup, stew or simple grain bowl.

12 / THE DAILY PRACTICE

Build a walking habit.

Start with manageable walks. Work towards at least 150 minutes of moderate activity each week; brisk walking can count.



14 / THE DAILY PRACTICE

Break up sitting.

Stand, walk or move between seated tasks. Use a natural cue, such as finishing a call, to remind you.

Weekly activity targets are general adult guidance. Adapt movement to your ability and health needs. Tap entries for WHO nutrition and activity sources.

A little more balance. Room to feel well.



Make space for people, small pleasures and a little perspective. A missed day does not erase a habit: return to the next useful choice.

15 / THE DAILY PRACTICE

Practise a pause.

Spend a few minutes grounding yourself: feel your feet, notice your surroundings and gently return attention to what you are doing.



17 / THE DAILY PRACTICE

Keep a small pleasure.

Leave room for an activity you enjoy: reading, music, a hobby or time outdoors. Give it a place in the week.



19 / THE DAILY PRACTICE

Choose alcohol-free days.

Make alcohol-free evenings part of your routine. Drinking less lowers alcohol-related risks; not drinking is a valid choice.

16 / THE DAILY PRACTICE

Keep in touch.

Make time to connect with someone you trust. A message, a call or a shared walk can be a practical start.



18 / THE DAILY PRACTICE

Plan one next step.

Write down one manageable action for tomorrow. Keep the routine flexible enough to restart when life interrupts.

20 / THE DAILY PRACTICE

Keep tobacco out.

If you do not use tobacco, keep it that way. If you do, make quitting a goal and seek support when needed.