

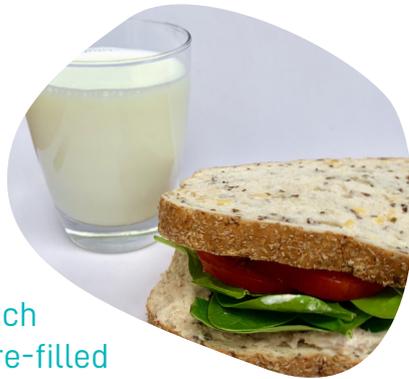
Happy gut 101

A healthy lifestyle is the best first step you can take towards healthier, happier insides. To give you a helping hand starting on your gut health journey, here are our four key pillars of good gut health:

1

Healthy diet

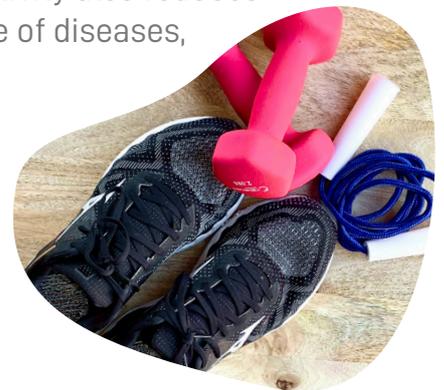
The healthiest gut-loving diets are rich in a wide range of fibre-filled plant-based foods like veggies, fruit, legumes, wholegrains, nuts and seeds. Not only does fibre work to keep you regular, but a special type of fibre called *prebiotic* fibre feeds the good bacteria in your gut, called probiotics. *Probiotic* foods like kefir and yoghurts with active and live cultures can also support a healthy gut.



2

Exercise

Regular sweat sessions can stimulate your digestive muscles, which helps to prevent constipation. You should aim to be physically active for at least 30 minutes every single day. Over a week, adults should complete two and a half to five hours of moderate physical activity (read: exercise that makes you huff and puff). Not only does it support a healthy gut, but regular activity also reduces your risk of a range of diseases, maintains strong muscles and supports your mental wellbeing.



3

Stress management

Chronic stress can lead to inflammation and gut issues like constipation or diarrhoea. So, it's important to schedule a little 'you' time each day to help keep your stress levels at bay. Think: meditation, a lunchtime walk in the sunshine or half an hour at the end of the day to read a good book.

4

Sleep

Getting enough sleep is essential for your overall health. Plus, when you don't sleep enough, your hormones can go haywire, making you more likely to choose unhealthy foods. It is recommended that adults have anywhere from seven to nine hours of sleep a night, or slightly less if over the age of 65.