

7 Small Habits to Support Your Gut and Energy

Simple starting points for busy women

You do not need a whole new routine. Choose one habit that feels doable and practise it this week. Let it fit your life before adding another.

1 Give one meal your attention

Sit down and put your phone aside for the first few bites. Take your time and notice the food.

Why it helps: Slowing down can help you notice hunger, fullness and your eating habits. [1]

Make it easy: Start with whichever meal is usually the least rushed.

2 Add one fibre-rich food

Try oats at breakfast, a pear as a snack or a small portion of lentils in soup. Increase fibre gradually.

Why it helps: Fibre supports bowel regularity. Adding it slowly may help limit gas and bloating. [2]

Make it easy: Add a small amount to a meal you already enjoy.

3 Make water easy to reach

Keep a glass or bottle nearby and drink regularly through the day.

Why it helps: Fluids help fibre work and support normal bowel function. [2]

Make it easy: Pour a glass when you prepare a meal. Follow any prescribed fluid limits.

4 Bring a little variety to your plate

Choose a vegetable, fruit, whole grain or bean you have not eaten lately.

Why it helps: A variety of nutritious foods helps provide different nutrients your body needs. [1]

Make it easy: Add one different plant food to your next grocery list.

Build on what feels doable

5 Include protein in a meal

Try eggs, yogurt, tofu, beans, fish or poultry alongside other foods you enjoy.

Why it helps: Protein provides building blocks for maintaining muscles and other body tissues. [1]

Make it easy: Pick one familiar protein food for a meal you often leave unplanned.

6 Make room for a little movement

Try a five-minute walk, a gentle stretch or comfortable seated movement.

Why it helps: Regular physical activity supports overall health and can improve sleep. [3]

Make it easy: Pair it with an existing routine, such as finishing lunch. Start within your ability.

7 Create a small bedtime cue

Choose a regular time to start winding down. Dim the lights and set aside a quiet few minutes.

Why it helps: Consistent sleep habits support rest; sleep matters for mood, attention and daily functioning. [4]

Make it easy: Set a reminder ten minutes before you want to begin winding down.

Choose your first small change

My habit: _____ After I: _____

I will: _____

Tick each day you practise. A missed day is a chance to begin again.

☐ Mon

☐ Tue

☐ Wed

☐ Thu

☐ Fri

☐ Sat

☐ Sun

Want support putting these habits into practice?

Explore **Small Changes, Big Impact**, my four-week program with weekly group sessions and individual check-ins. Visit rewiredwellness.com for details.

Warmly, Cathy | Rewired Wellness

General education, not individual medical advice. Persistent digestive symptoms or ongoing fatigue deserve assessment by a qualified healthcare professional.

Sources: [1] Canada's Food Guide | [2] NIDDK: Fibre and fluids | [3] CDC: Activity | [4] CDC: Sleep