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Metabolic Health News

The engine for life

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Start Improving Your Metabolic Health Today

You don't have to wait for the perfect time to make Metabolic Health changes.
As the end of the year approaches, it can be tempting to put our health and wellbeing on hold. With Christmas around the corner, routines change, social occasions increase and healthy habits can easily take a back seat.
But why wait until January?

There is still time to make a difference.
This time of year is about finding balance. Enjoy the celebrations, meals and time with family and friends, while continuing to make choices that support how you want to feel.
A walk after dinner, a nourishing meal, getting enough sleep or taking time to unwind can all become part of your routine alongside the things you enjoy.

Look at your progress
Rather than focusing only on what you want to achieve next, take a moment to recognise how far you have already come.
What have you achieved this year? What have you learnt about yourself? Which habits have become easier? Perhaps you have more energy, feel more confident or have found ways of being more active that you genuinely enjoy.

These changes are worth recognising.

Progress isn't always measured by a number. Sometimes it is the everyday things that tell the biggest story — the choices that have become more natural, the routines that now fit into your life and the way you feel as a result.

Carry it forward
Think about what has worked well for you and what you want to continue building on. Take the lessons and habits you have gained and carry them forward.

Your seasonal wellbeing action
Make time for a winter walk. Wrap up, get outside and enjoy some fresh air — perhaps after a meal or with family and friends. Use the time to step away from the busy pace of the season.

Then ask yourself: "What is one healthy habit I want to carry with me into the year ahead?"

Keep moving forward — your next chapter starts with what you choose to do today.

Written by Megan Perrin, Health Coach at Wincanton Health Centre.



Find the new metabolic health tracker on healthshelf.org

Meal planning for better metabolic health

When life gets busy, it is easy to reach for whatever is quickest or easiest. But spending just ten minutes planning your meals can make healthy eating simpler, save money and support your metabolic health.

What is metabolic health?
Metabolic health is about how well your body stores, releases and uses fuel to keep you functioning at your best. Our everyday habits, including what we eat, how much we move and how well we sleep, can all influence our metabolic health.

How can meal planning help?
Planning meals ahead can make it easier to choose nourishing foods, reduce food waste and avoid relying on convenience foods when you are hungry or short on time.

The 28 day Metabolic Health Plan encourages a focus on real, minimally processed foods that support metabolic health. Protein is an important part of this, helping maintain muscle, support the body's repair processes and keep you feeling fuller for longer.
Include protein-rich foods such as eggs, fish, chicken, lean meat, tofu or Greek yoghurt in your meals, alongside plenty of vegetables and healthy fats from nuts, seeds and olive oil.

Simple meals can make a big difference. Think omelettes with vegetables for breakfast, chicken salad for lunch or salmon with roasted vegetables for dinner. You do not need expensive ingredients or complicated recipes to eat well.

Start small and find what works for you
Choose three meals for the week ahead and write a shopping list.

You could cook extra portions for the following day, prepare vegetables in advance or keep ingredients ready for a quick meal when life gets hectic.

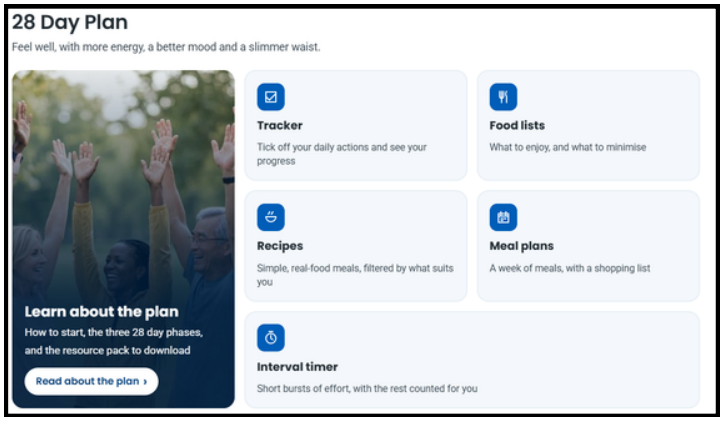
Meal planning is not about perfection or following a rigid diet. It is about creating a routine that makes healthier choices easier and more sustainable.

If you have diabetes and take medication or have health conditions, speak to your healthcare team before making significant dietary changes.

Find inspiration with Health Shelf
For practical ideas, visit **healthshelf.org**. Created by GP Dr Campbell Murdoch, Health Shelf offers free resources to help people understand and improve their metabolic health, including the 28 Day Metabolic Health Plan, recipe inspiration, meal planning and a metabolic health tracker.

Improving metabolic health does not mean changing everything overnight. Small, consistent steps can help build habits that last.

Your challenge this week: Spend ten minutes planning three meals, write your shopping list and try one new recipe. A little preparation today can make healthier choices easier tomorrow.



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