

my  
**healthy**  
way



# BE GOOD TO YOURSELF IN 2025

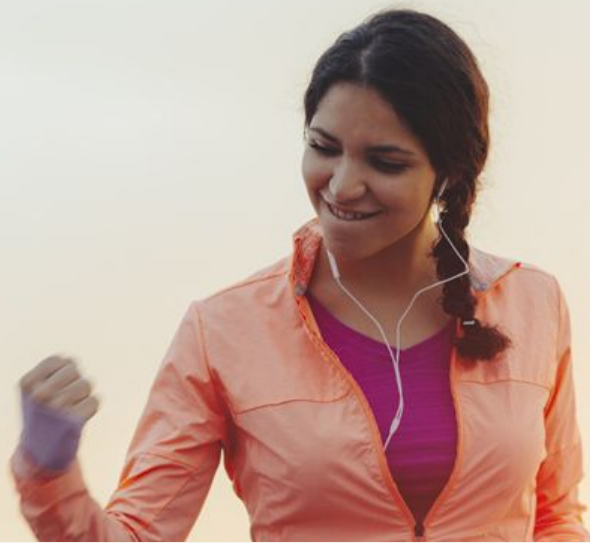
**A fresh start to health & wellbeing. Embrace your best year yet!**

Happy New Year from all of us at My Healthy Way! As we embrace the energy of a fresh year, it's the perfect time to reflect on how far we've come and set our intentions for the months ahead. In this edition of our newsletter, we're excited to share a roundup of everything we've been up to recently and offer some simple, actionable tips to help you set healthy lifestyle goals that stick.

Whether you're looking to boost your fitness, improve your nutrition, or simply find more balance in your day-to-day life, we're here to support you every step of the way. So, let's kick off the year with renewed focus, energy, and a commitment to prioritising your health and wellbeing!

**The My Healthy Way Team**

my**healthy**way.co.uk



# SETTING SUSTAINABLE GOALS

Anytime is a great time to make positive changes to your healthy lifestyle habits but the New Year can be a good opportunity for a clean slate or a new change. It's important to give yourself a chance to prepare for a change, so try to set yourself a start date in the future when you will begin your healthy lifestyle goal.

Keep your goals realistic and be clear with yourself on the reasons you want to make the change - writing them down can help motivate you when you're struggling! It's important that you choose something achievable and meaningful for you as an individual. Be as specific as you can, so you know exactly what you need to achieve and can track your progress as you go. When setting goals for yourself, think **'SMART'** (Specific, Measurable, Achievable, Realistic/Relevant and Time bound). A good example would be 'drink four 500ml glasses of water everyday, for x weeks' or 'eat 5 portions of fruit or veg every day'.

We've listed a few resources from the NHS Better Health Campaign below which could have a positive impact on your health and wellbeing or they may even inspire you to design your own goal:

- [Tips to help you cut down on alcohol](#)
- [Make 2025 the year you quit smoking for good](#)
- [Take care of your mind](#)

Try to set your goal for a realistic but long enough time. If you give yourself a chance to get used to the behaviour change, you will be more likely to stick to your new healthy lifestyle habit. Once you have conquered your first goal, why not start thinking about the next?



# MYHEALTHYWAY.CO.UK

In December, we launched our new website and we're pretty excited about it!

You can now explore

<https://www.myhealthyway.co.uk/> where

you'll find everything you need from nutrition advice, tips on how to get active, musculoskeletal health and much more!

Whether you're looking to improve your health & wellbeing, or simply want to stay updated with our latest news and offerings, our website is designed to give you a user-friendly and supportive experience.

## 2025 NUTRITION COURSES

2025 dates are now available for our popular nutrition courses with Registered Nutritionist, Jen McDiarmid. Choose from:

Course name	Start Date
Supporting Musculoskeletal conditions through nutrition	Mon 17th February @ 12pm
Fundamentals of Wellbeing through nutrition	Tues 25th February @1pm
Supporting Menopause through nutrition	Weds 5th March @ 9am

All sessions are recorded and will be available for the duration of the course, so don't worry if you can't make the live sessions!

Check out what attendees from the last courses had to say:

*"This was a thoroughly engaging and educational course covering a wide range of topics. Jen delivers a range of really helpful information in a way that is easy to understand and incorporate into my daily activities - Thank you!"*

*"The course was fantastic, very informative and I liked the goals and small changes to improve each week. After years of fad diets and not understanding what I should be eating and drinking to improve my overall health and wellbeing, after completing the course I have a much better understanding and this has benefitted my whole family and not just myself."*

- 100% of course attendees felt health improvements since being on the course
- 100% felt they would be able to continue with their changes after the course had finished

[myhealthyway.co.uk](https://www.myhealthyway.co.uk)



# WHAT HAVE WE BEEN UP TO?

## **We are a proud supporter of the Hidden Disabilities Sunflower**

We are a professional member of Sunflower Hidden Disabilities, encouraging inclusivity, acceptance and understanding of non-visible disabilities across all our sites and services. With 1 in 6 people living with a disability we continue to remove barriers, providing opportunities for Sunflower wearers to access our facilities and services, encouraging a happy and healthy lifestyle. [What is the Sunflower](#) and [Sunflower HD Video](#)

## **Free Period Products in our sites**

A large number of our sites now provide free period products to support women to remain active throughout their cycle. Simply ask for a 'white envelope' at reception to get your free Caught Short Kit or find a free sanitary vending machine in the female toilets. [Join the period conversation](#)

## **We are certified to The Active Standard**

The Active Standard is a quality mark for the physical activity sector and demonstrates our commitment to provide facilities that are safe, inclusive and compliant.

## **Get moving this year**

Moving more is great for both your physical and mental wellbeing. It can give you more energy and help to make you feel happier. Get Moving with Sport England's top tips, advice and guidance on how to keep or get active this year <https://www.sportengland.org/get-moving>

**Getting active in the outdoors** with local WALX programmes. Search and find Walx activities off all types across the UK.

<https://walx.co.uk/find-walx/>

## **Want to overcome your muscle or joint pain?**

Find your local community Musculoskeletal Hub, offering personalised pay as you go Goodboost aqua rehabilitation programmes in a friendly environment

[www.leisurecentre.com/MSK](http://www.leisurecentre.com/MSK)

**Find out more about our Premium Membership** [here](#)

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