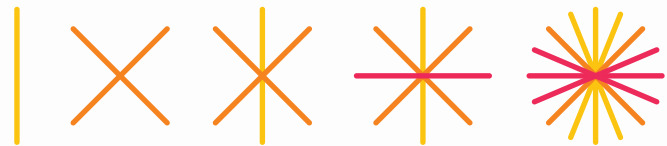


Science-backed resources to
transform your health

The Health HABIT Downloads



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The Health Habits

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Sleep

How to get a restful night's sleep



Sleep Habit 1: Consistent rise time

Wake up at the same time every single day



Sleep Habit 2: The pre-sleep task dump

Write a to-do list 30 minutes before bed, listing unfinished tasks and upcoming duties



Sleep Habit 3: The sleep restriction reset

Determine your ideal sleep duration by adjusting your bedtime based on the time spent asleep, not just time in bed.



Sleep Habit 4: The two S's rule

Stop doing anything in bed that doesn't involve the two S's: sleep and sex.



Sleep Habit 5: Take a light shower

Go for a daily morning walk for 10-30 minutes to reset your circadian clock.



Movement

Unlock energy through exercise



Movement Habit 1: Vitalise with VILPA

Incorporate three or four 1–2-minute bouts of VILPA (sporadic bursts of physical activity that get you huffing and puffing) every day.



Movement Habit 2: Step 7500

Walk 7500–8000 steps per day.



Movement Habit 3: The 40-second micro workout

Perform 2x 20 second bursts of intense exercise with warm-up, cool-down, and 2 minute rest periods in between.



Movement Habit 4: The post-meal glucose fix

Take a leisurely 10-minute walk, 30–45 minutes after eating.



Movement Habit 5: Push, pull, squat

Schedule a weekly resistance training session, incorporating push, pull, and leg exercises.





Nutrition

Improve gut health, control weight and strengthen your immunity



Nutrition Habit 1: Veggies first, carbs last

Eat your vegetables first, wherever possible. Then, eat the protein and / or fats, followed by carbs.



Nutrition Habit 2: Steer clear of HPFs

Reduce the amount of hyper-palatable foods you eat.



Nutrition Habit 3: Give your gut a breather

Restrict eating to within a 10-hour window.



Nutrition Habit 4: The UPF 10 per cent challenge

Aim to limit ultra-processed foods to less than 10% of your diet.



Nutrition Habit 5: The plant power of thirty

Aim to eat thirty different plant foods every week.



Nutrition Habit 6: Eat your probiotics

Add one serve of a fermented food to every meal.



Nutrition Habit 7: Pump up the protein

Eat 30 g of protein with every main meal.



Questions? I love answering those.

Let's Connect:

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Need more info?

Visit my website
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