

#360me The plan

Every month, the #360me team will be sharing our baby-steps approach to leading a healthier, happier life – expert-endorsed and real-life approved.



To feel your best, you have to consider the health of not just your BODY and GUT, but your MIND and SPIRIT too – this is holistic health in action. To help you, we've split all the advice in the plan into these four sections and, by spending a similar amount of time on each, you'll be looking after your 'self' in a truly holistic way. Dip in and try one thing from each section. Or dive in and do it all. It's here for you – to inspire, support and motivate. Share your journey with us @psydirector and we'll share ours too.

SHARE YOUR #360ME JOURNEY



@eminerushton @psychologiesmagazine psychologies.co.uk

body

Enjoy our suggestions to help you maintain a healthy body

DIVE IN

'There are some incredible outdoor pools all over Britain. Next time we have sunny weather, why not spend the day at your local lido? You can get in some exercise, up your vitamin-D levels and then sleep off all that hard work on a lounger. Or, try an early-morning swim – a lovely way to catch the sunrise and a great start to the day.' Hollie Grant, Fitness Editor; @ThePilatesPT



PHOTOGRAPH: ISTOCK/138 113003171, 853 PAGE 127



Knot-detail top, £28, BAM

the plan

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ECO ACTIVEWEAR

'Sustainability and style are no longer mutually exclusive. Skiv Active creates luxe sportswear that is mindfully manufactured using non-toxic materials, and O'Neil recently launched its first eco-only collection, made from recycled beach plastics. Yoga Democracy is also in on the ethical game, using recycled plastic for its designs. Rêve En Vert is a one-stop-shop e-tailer that stocks only eco brands – cool with a conscience. We also love BAM, which makes affordable activewear from sustainable bamboo. **Emine Rushton, Wellness Director; @aminerushton**

20%

Studies by the National Eye Institute show that daily lutein and zeaxanthin supplements (both are also found in leafy, green vegetables) accumulate in the retinas, where they may reduce the risk of age-related macular degeneration by up to 20 per cent.



"Many people feel tension in the neck when doing

abdominal exercises, such as crunches – a sign of poor posture or weak abs. Take a dressing-gown cord or belt and put it around the back of your head, like a cradle, and hold the ends in your hands. When you crunch, it will take some of the weight out of your neck, while your abs do the work" Hollie Grant, Fitness Editor



STRETCH IT OUT

Jess Schuring, founder of Heartcore Fitness, recommends ending the day with stretches. She suggests the calming 'standing forward bend' stretch to reduce stress and anxiety, soothe the nerves and relieve tension in the spine, neck, hamstrings and lower back.

- With feet hip-width apart, stand tall and bring your hands over your head with your hips slightly reaching forward.
- Take in a deep breath, stretch and reach 'through' your fingers before you exhale, tuck in your chin and slowly roll your spine down into forward fold. Let your head relax and lengthen your neck. Don't worry if your knees are slightly bent.
- Don't force the fold over; simply relax and breathe in a calm and smooth manner.