**Tip of the week - "Behaviour change"**

When planning for behaviour change, it is important not to overwhelm yourself by trying to alter too many things at once.

Change one small thing at a time and wait until this becomes ingrained before considering what to change next; for example, if your goal is to improve your health and wellbeing, a simple place to start would be to increase your water consumption – aim for at least 2 litres of water each day. Jazz it up with lemon/lime/cucumber etc and carry a bottle with you at all times. Try it!