

## Self-care

- **Sleep** – sleep from 11pm to at least 3am, 7-8 hours for most people best, routine is crucial, good sleep is needed for weight loss.
- **Medications** – diabetic and blood pressure (if you are on these medications please check with us before starting).
- **Hydration** – at least 2 litres a day, help flush out rubbish, helps prevent headaches.
- **Gout** – if you have gout please refer to us before starting.
- **Exercise** - you don't have to do any, but if you want to – walks, bike rides, careful not to put too much pressure on your joints until you lose weight, too much can make you overly hungry.