

My PRIME Charter

1. I will make sure I keep myself well hydrated. I know that this habit helps many of my symptoms and nourishes me. I will drink water before eating because this helps me understand if I'm thirsty or hungry.
2. I will eat plenty of greens, and include them in a meal or smoothie whenever I can.
3. I will move daily and each week include some strength, cardio and gentle exercise that helps my joints, improves my mobility and core strength.
4. I will use my journal as a regular self check in to make sure I continue to notice the things that I do that make me feel better and the things that do not.
5. I will eat 3 healthy meals from a plate, slowly and mindfully as much as possible and try to avoid snacking to avoid energy dips and spikes.
6. I will close the kitchen and technology at 9pm, winding down is part of my routine and sets me up for a great nights sleep.
7. I will listen to my body and remind myself that what is good for my mind is good for my body.
8. I will remind myself regularly that I have come so far already but I must continue if I want to feel my best forever.

Signed:

*Clare Mannion
Roxy Rhodes*

