

The Prehab Hub

# Chronic Conditions Top Tips

**The Wellbeing 9-a-Day helps you build the nine foundational habits of a healthy lifestyle.**

- Let go of bad habits formed in the past.
- Be present in the moment.
- Set intentions for a better future.
- Move to exercise your body.
- Learn to expand your mind.
- Enjoy experiences and positive emotions.
- Connect to cultivate better relationships.
- Build a healthy diet with good nutrition.



**Self-care to tend to your needs.**