

Six signs that your body's in good nick

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You're not counting sheep.

If you're going to bed at the same time every night and waking up at the same time every day, you're letting your body clock do the work for you.

You're on the go.

Being active throughout the week will improve your mood, fitness and all-round health. Try to be active for around 60 minutes a day.

You are what you eat.

A balanced diet with enough fruit and veg should give you plenty of energy and help you to look and feel great inside and out.

You're breaking the fast.

A healthy breakfast is the best way to start your day. Eating at least one of your five-a-day before leaving the house is good going.

You know what's happening.

If you've got a big day ahead, try getting everything ready the night before. That way you'll sleep easy and you can look forward to tomorrow.

You're feeling good.

If you're sleeping well and eating the right stuff, you should be alert and feel great mentally as well as physically.