Over the last week we’ve been looking back on the last 12 months since we opened our doors for the first time only recently. But we’ve also been looking at the next 12 months too. Only the other morning we thought ‘What 12 things could you do in your life to improve your lifestyle’. It didn’t take long, but we came up with 12 of them…

**1. Exercise… but with a friend**

Exercising is a challenge. You need to be extremely motivated and dedicated. Having somebody there to help you get up and go helps things. It also makes the exercise more enjoyable.

**2. Ensure you get your five a day by investing in a blender (or by popping into us every day!)**

Remembering to eat fruit and/or vegetables five times a day can be tough.