

HAPPY B🍏ODY WELLNESS

The 5 Day Reset.

We are super psyched to have you participating with us.

By committing to this program you have taken a huge step towards improving your health, happiness and overall well being.

BEFORE YOU START

WRITE DOWN SOME GOALS:

Goals help us to stay on track and writing down our goals heightens our awareness. Recent research determined that people who post their goals to social media are more likely to follow through to completion than those who do not write them down so tell the group what your top 3 goals are that you hope to get out of the next 5 days while resetting your system!

- 1.
- 2.
- 3.

WHAT TO FOCUS ON TODAY:

NUTRITION:

Getting balanced, nourishing meals throughout the day is very important. Aim to make your plate:

1/4 lean protein + 1/4 whole grain + 1/2 vegetables

Intermittent Fasting: Consume your nutrients within a 10 hour window. Fasting overnight for 14 hours

Ex. Eating only between 8am- 6pm, Fasting 6pm- 8am.

HYDRATION:

It's really important to stay hydrated. Curious as to how much fluid to drink a day? Just divide your body weight in half and drink that in ounces. Remember, fluid is any hydration from fruits, vegetables, soups, etc...

Ex. 160 pounds = 80 oz (or four 20 oz water bottles).

Set a goal to drink 1/2 of your fluid needs by noon and the other half before 7pm so you don't wet the bed.

FITNESS:

It is important to get both cardio conditioning and strength training throughout the week. Cardio is for just what the word describes "cardiac/ heart function improvement which in turn improves circulation and blood flow to the rest of the body. Strength training increases lean muscle development and resting metabolic rate which means you burn more calories when inactive.

STRESS AND REST:

Your body has a natural pattern for hormones release called the circadian rhythm. When that rhythm is disrupted by lack of sleep or increased amounts of stress, hormonal imbalance occurs and our body's systems (digestive, muscular, nervous and renal) are thrown out-of-wack.

In order to keep our systems operating at maximum efficiency we need to allow the body to rest and digest after a full day of work. Obtaining good quality rest is the easiest way to do this.

"Smile, breathe, and go slowly"

SUCCESSSES AND CHALLENGES:

Throughout the next 5 days you will probably encounter some uncomfortable feelings and/or experience some not-so-fun situations relating to caffeine withdrawal, sugar detoxing, change in activity, change in eating behavior.

Take a minute to write down your top 3 fears and ways you can manage overcoming them. If you're stuck, email me for help!

- 1.
- 2.
- 3.

STAYING MOTIVATED:

"Giving up on your goal because of one setback is like slashing your other three tires because you got one flat."

Life happens and we make some "not-so-healthy" choices.

What matters most is how resilient you can be to NOT giving up. Just acknowledge that what you ate might not have provided any nourishment to your body and try to make today a MORE balanced, nourishing day.

We're trying to find a maintainable healthy lifestyle that allows us to enjoy the tastes of whatever we'd like to have in life and not restrict: Relax & EAT THE DAMN COOKIE.