7-DAY WELLNESS JUMPSTART: RECHARGE YOUR HEALTH IN ONE WEEK

WELCOME TO THE 7-DAY WELLNESS JUMPSTART!

I'm so happy to have you here and to help you on your journey to a cleaner diet and a happier life!

If I were to guess, you're probably starting out on this journey to help jumpstart your health and "reset" your body. That's an amazing goal! This program is designed to help you do just that with small, actionable steps. The most meaningful health and wellness progress isn't made with big, sweeping changes. It's the small changes that stick and matter most.

Throughout the program, you'll make one small change each day. By the end, you'll have successfully improved your eating habits and your attitude toward food. You'll also learn how to listen to your digestive system and give it what it needs.

Now, I know a seven-day commitment may feel overwhelming. I want to reassure you, it's very doable. As the program is broken down into small steps, consider each day as a small step. When all the steps add up, you may be surprised by how much of an impact they collectively have on your life. Embrace the changes, and listen to how your body responds.

Let's get started!

DAY 1

"The greatest wealth is health."

– Virgil

DRINK MORE WATER.

This is the first step toward better health. The good news? It's so easy to implement! Water is key to your body's health, and without it, it can't function or perform tasks in the efficient manner it's supposed to. Like all new changes, I recommend you begin to incorporate more water slowly – no need to drink half your body weight!

Aim to drink 1-2 more glasses of water than you usually do. This is a great way to start giving your body more hydration, which will lead to more energy, better elimination, and a host of other positive health benefits! Each body is different, so pay attention to how you feel as you drink more water, and do what feels best for you!

DAY 2

"He who takes medicine and neglects to diet wastes the skill of his doctors."

– Chinese Proverb
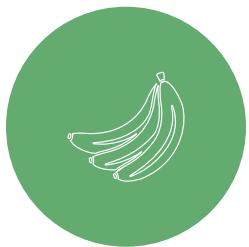
EAT MORE FRUITS AND VEGETABLES.

The statistics vary from country to country, but what they all agree on is this: the average person could stand to eat more fruits and vegetables. As a general rule of thumb, aim to eat at least five servings of fruits and vegetables a day. This will help to ensure that you're getting vital micronutrients your body needs to thrive.

Taking time to eat more fruits and vegetables is one of the easiest ways to improve your health on a daily basis. Try adding a side of vegetables to your dinner. Eat a snack containing fruit rather than other carbohydrates. Mix up a green smoothie for a tasty serving of vegetables. You'll be amazed at the difference in how you feel!

DAY 3

"To keep the body in good health is a duty; otherwise we shall not be able to keep our mind strong and clear."

— Buddha

TURN THE COMPUTER OFF THREE HOURS BEFORE BEDTIME

To have good health, you have to have good sleep. To have good sleep, you have to limit your time spent using technology. It can be difficult, but turning off technology earlier can yield immediate benefits for your body. Using any device with a bright screen before bed alters your body's levels of serotonin, an important hormone and neurotransmitter that can alter the sleep cycle. Your body finds it difficult to achieve a state of relaxation when levels of serotonin are disrupted. Power down your devices a few hours before bed.

DAY 4

"The part can never be well unless the whole is well."

— Plato

STOP EATING TWO HOURS BEFORE BED.

Digestion, albeit complex, is one of the most natural processes constantly occurring within the body. Not eating two hours before bed gives your body enough time to fully process food. Lying down or being still (Read: sleeping) after eating can cause stomach upset, as natural movement after eating aids the digestive process. Best of all: Your body's sleep will be enhanced! It's all about not burdening your body if you can help it.

DAY 5

"I have so much to accomplish today that I must meditate for two hours instead of one."

– Gandhi

MEDITATE EVERY DAY.

Meditation is one of the easiest ways to calm your mind and "reset" your body for healthy living the rest of the day. Gathering yourself and quieting your mind, even for just ten minutes, can help calm your nervous system and help your body use energy more efficiently. Even your day-to-day productivity will increase! Take a few minutes today and meditate. You can work your way up to longer sessions over time, but 10 minutes is a great baseline. Each morning, before getting out of bed or while sitting at your desk, take a few moments to monitor your breathing, stay perfectly still, and keep your mind open. Your entire body will thank you for it.

DAY 6

"In minds crammed with thoughts, organs clogged with toxins, and bodies stiffened with neglect, there is just no space for anything else."

– Alison Rose Levy

EAT FEWER PROCESSED FOODS

Processed foods are now so prolific in our society that it takes effort not to find them in our stores and markets. But the body wasn't meant to eat food containing more chemicals than actual food, so it rewards us accordingly when we avoid them. Today, make an effort to avoid food with ingredients you can't pronounce. It's okay to crave a few sweet treats from time to time. There's no guilt in that; our bodies value sweetness. But can you find a lookalike recipe online and make it yourself? Is there a green smoothie featuring cacao that would also satisfy that craving? When you give your body whole foods it can process, you'll not only feel more satisfied, but you'll be making a better choice that supports your health.

DAY 7

MOVE YOUR BODY MORE.

Exercise plays a vital role in your health and wellbeing. It can help improve your mood, control your weight, and promote better sleep. It can also reduce stress, boost endorphins (aka the happy chemicals in your brain), and sharpen memory.

It doesn't take much to get started. Even just 10 minutes a day of walking will help you start reaping the benefits. Try taking a walk during your lunch hour or walking to the local coffee shop for your cup of java. Pick a movement that you enjoy, and you'll be more likely make time for it.

CONGRATULATIONS! YOU MADE IT TO THE END OF YOUR 7-DAY PROGRAM!

I encourage you to take some time today to reflect on how the last seven days went.

• How does your body feel having completed all seven days of exercises?

• What was easy to do?

• Which exercises were hardest to do?

• What did trying each of these suggestions inform you about how your body works?

• Which change are you most pleased to have made, even though it was difficult?

• Which small changes do you feel encouraged to make to your daily routine going forward?

Write down your thoughts, and keep them in a place where you can refer back to them. Remember, you can always come back to these exercises if you feel the need to refresh yourself or revamp your health in a small but substantial way.

Email your Health Coach, and let us know how this program worked for you. We love hearing about your journey!