

GUIDELINE INFO

MINDFUL MAY 30 DAY CHALLENGE

Each of the 5 areas can be scored with 1 point per day! If you have any questions please ask us! Great job challenging yourself to refocus, find balance and be your best this May!

WORKIN

Research tells us it is beneficial to find ways to keep moving during our daily routines. Our goal for Mindful May is to complete 3 "workins" each day. Here are some examples of workin moves: parking far far away from the entrance, taking the stairs, walking to a coworkers office instead of sending a message, pushups during commercials, walking the dog, tabata in your office and many more!

WORKOUT

Find a workout you enjoy and embrace it! It does not have to be a class at Sweat Like A Girl! You want to strive for a minimum of 30 minutes each day. If you have a MYZONE, you will be able to see your progress on the app, and you are striving for 2000 MEPS in all zones. If you would like to purchase a myzone please see Heather.

MENTAL HEALTH

This area is going to challenge us to slow down each day. Be sure to decide what your daily mental focus will be. We would like for everyone to try Headspace App, which is free for the first 10 days and will teach you the basics and provide practice on the art of meditation. There after you can also choose other ways to slow down such as listening to music, reading a book etc.

3 MEALS

You are striving for 3 healthy meals per day. Recipes will be shared on the FB group. Your meals should be heavy on the veggies and fruits, followed by whole grains and legumes. If you eat meat and dairy, you want to limit your portion size the palm of your hand or smaller. Nuts, seeds and berries are great snacks! You want to eat whole foods as much as possible - food closest to the source.

DETOX

We will focus on 1 detox item per week. You will need to avoid that item for the entire day to award yourself the point! Week 1 will be added sugar. Week 2 will be oils. Week 3 will be all processed foods. Week 4 will be your choice of meat or dairy, or if you already don't eat meat or dairy you will then refrain all three including sugar, oils and processed foods the last week instead!