

# GUIDELINE INFO

## WELLNESS PROGRAM

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 year!!!

### 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 3000 MEPS using all zones for the 6 weeks. If you would like to purchase a myzone you may do so on our website.

### MENTAL HEALTH

You are working to create time to self reflect and work on our mindfulness. You can try the 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. Also check out Wellness Support page for more options of meditation.

### FASTING

Each week you will have a set fasting time. You may drink black coffee during fasting. During your feeding times, we want to eat whole foods as much as possible - food closest to the source. Your meals should be heavy on the veggies and fruits, followed by whole grains and legumes. If you are still eating meat and dairy, you want to limit your portion size the palm of your hand or smaller.

### DETOX

You will focus on 1 detox item per week. You will need to avoid that item for the entire day to award yourself the point! Foods we will be avoiding are processed sugar, oils, dairy, animal products, and processed foods. Throughout your program you will be learning why it is so important to limit these foods. Once armed with this knowledge, avoiding these foods becomes much easier.

### AVOID

Throughout your program, you will try to avoid or cut down on your alcohol intake. Based on your pre-assessment and week 1 journal, you will set a goal for yourself regarding the amount of alcohol you will allow yourself to intake in each given week. Once again, armed with the knowledge on why it is important to limit or avoid alcohol will make it easier to do so.